



## A MERRY WIDOWER?

CAN MATTHEW PERRY'S STAR POWER KEEP HIS NEW NBC SERIES GOING ON? PAGE 11



The new catalogue is here.



OTTAWA

# metro

®

Tuesday, August 28, 2012



News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa



A Nepean Redskins player catches a pass during a 33-23 win over the North Gloucester Giants at Bob Stephen Field at South Nepean Park during a game in 2010. MIKE CARROCCETTO/FOR METRO

# Redskins' team name not an issue: Harder

**Response.** Barrhaven councillor dismisses concerns from native musician who believes the football team's name is racist



JESSICA SMITH  
jessica.smith@metronews.ca

City councillor Jan Harder has weighed in on the controversy surrounding the name of the Nepean Redskins football club, telling the Anishnabe man organizing a boycott of the team's sponsors that he's "looking for trouble where none exists."

Ian Campeau emailed Harder asking for support in his campaign to change the football team's name, which he sees as racist.

"You won't get it from me or anyone else I know," Harder replied by email within about half an hour of receiving

### Closing the door

**"You are looking for trouble where none exists."**

Coun. Jan Harder in response to an email from Ian Campeau regarding the Redskins' team name, which he feels is racist

Campeau's request.

"The Nepean Redskin football name is some 40 years old or more and in the entire time I have been in Nepean until the last year or so there has never been any talk of (a) name change, and even since then only a few, including yourself. You are looking for trouble where none exists."

In his initial email, Campeau told Harder he was willing to help with the name change and raise funds, if necessary. Harder wrote back a second time when Campeau informed her he would go to the media with her response.

"I am not interested (in changing the name) nor are

the people within the organization, the people whose children play in football leagues, or their sponsors in getting on board with a handful of people who are trying to take issue where no issue exists."

Campeau said he was in "complete shock" from Harder's response.

"I wasn't expecting that from an elected official. I thought she'd look into the situation."

Since then, many of Campeau's friends have been emailing and tweeting Harder to tell her that they agree with him, he said, while posts on Twitter and Facebook show a barrage of comments to Harder regarding her response.

"I really don't want these kids to stop playing football," said Campeau. "I just want them to stop playing under a moniker that's marginalizing an entire race."

Nepean Redskins president Stephen Dean declined to comment on the issue when reached by phone on Monday.



## BECOME OUR NEXT SCHOOL BUS DRIVER

First Student Canada

www.firststudentcanada.com

FREE TRAINING  
CALL TODAY!

613-688-0653

# PERSONAL SUPPORT WORKER

## DIPLOMA PROGRAM:

# Get Trained, Get Hired!

### Program Objective

This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

### Career Opportunities

Graduates can find employment within:

- Long-Term Care Facilities
- Retirement Homes/Residences
- Group Homes
- Hospitals
- Agencies providing Homecare Service

### Total Course Fees

\$5942



## CLASSES STARTING:

**FULL TIME MORNING CLASSES**

**SEPTEMBER 4**

(LIMITED SEATS AVAILABLE)

**OCTOBER 8**

**FULL TIME EVENING CLASSES**

**OCTOBER 29**

**JANUARY 8, 2013**

## OTHER DIPLOMA PROGRAMS INCLUDE:

Accounting and Payroll Administrator

Fitness and Health Promotion

Legal Assistant • Medical Office Assistant

Paralegal • Paralegal Part-time

Pharmacy Technician • Travel Counsellor On-line

## CALL TODAY!

# ALGONQUIN CAREERS ACADEMY

CANADIAN OWNED AND OPERATED SINCE 1981

1830 Bank Street 613-722-7811 [www.algonquinacademy.com](http://www.algonquinacademy.com)



**Aylmer reception**

## Wedding guest accused of beating, stabbing wife

A Gatineau man has been charged with attempted murder after police say he beat his wife and then stabbed her with a broken beer bottle at a wedding reception in Aylmer, Ont., on Saturday night.

Jorge Mejias Sanchez, 48, appeared in court Monday and was also formally charged with aggravated assault and uttering death threats, police said.

Police responded at 10:40 p.m. to the Chateau Cartier hotel on 1170 Chemin d'Aylmer after receiving numerous calls of a man brutally beating a woman. Once officers arrived at the scene, the suspect fled, police said.

As police were looking for the suspect, they said he returned and stabbed his wife. Guests restrained the suspect and waited for police to return.

The 36-year-old victim was sent to hospital with cuts on her back, chest and mouth. Police said her injuries are not life-threatening. **JOE LOFARO/METRO**

**Near the 416**

## Three killed in collision on Highway 401

Three people were killed in a collision between a van and a tractor-trailer on Highway 401, just east of the 416 on-ramp.

The collision occurred in the eastbound lanes at about 1 a.m. between Morrisburg and Cardinal, Ont., police said.

Three other people were taken to hospital. All six of the people who were injured or killed had been riding in the van, said media relations officer Const. Peter Robertson. **JESSICA SMITH/METRO**



Edison and Joyce Trott are seen in a photo taken on their wedding day in 1943. Inset: the couple posed for a picture Monday after participating in the Memory Project. CONTRIBUTED; INSET: JESSICA SMITH/METRO

# Veterans tell of love and landmines in a time of war

**Lest we forget.** Memory Project seeks to preserve veterans' stories online for future generations



**JESSICA SMITH**  
jessica.smith@metronews.ca

Edison Trott met Joyce in December 1940, when she was asleep alongside her sister under their kitchen table — a safe place to be during an air raid.

"I thought he was rather grand," she said. "When you're 17, you have rather wild crushes on people who turn up at five o'clock in the morning."

Edison had come to Joyce's house in Tipton, England, that morning to find a distantly related aunt. He married Joyce

three years later.

On Monday, the Trotts took part in the Historical-Dominion Institute's Memory Project, which records veterans telling their stories and digitally scans their artifacts, preserving their memories for generations.

Joyce enlisted in 1942 and worked in a records office in Leicester. Ed enlisted in Winnipeg in 1940 and ended up a gunner in the Air Force.

He flew 29 times over Europe and saw about five planes shot down. "It was as bright as day, because of the flames coming up from a crashed aircraft. And you could see German fighters come up and take a crack at some more of us.... Strangely enough, I never really felt threatened in a flight."

Joyce believes that calm was his body's way of coping.

"I remember sitting through air raids.... You just feel a sort of a mild interest,"

**Another veteran remembers**

## Engineer's close call in Korea

Victor Johnson, from Eston, Sask., landed in Korea on Christmas Day 1951. An engineer, he led a crew that prepared the way for troop movements, building roads and clearing mines.

"I was sent up to clear this spot for the battalion," he recalled. "There was a

lot of ice and snow in the minefield. The mines were pretty well covered with ice. So I'm working away with a bayonet, chipping at the ice so I could neutralize the mine — and there was this loud explosion.

"My first reaction was that the mine went off, but then I thought, 'Well I'm still here,'" he said, with a laugh.

The explosion was an artillery shell fired over his head. **JESSICA SMITH/METRO**

she said. "Of course I hate thunderstorms now — I'm under the nearest bed."

The air raids had a devastating effect. Edison recalled how he and a fellow soldier took two girls out to the movies, before he was married.

When they were walking

the girls back to their homes for tea, they found the street had been destroyed. He later learned both girls had lost their families.

Follow Jessica Smith on Twitter @jessicacatherine



**Mobile news**



**Do you like to cuddle? This woman does. Scan the code to watch one lady's sleepy snuggle session that shocked a fellow commuter.**



**Love to Decorate?**  
*Want to own your own business?*

Decorating Den Interiors is expanding in Ottawa. We want you to be part of this exciting opportunity. Home based, or commercial office based, your choice.

Passion for decorating is all you need, we teach you the rest!

**Contact us today!**



**1-800-263-0242**

[www.decoratingden.com](http://www.decoratingden.com)

**Sears\*** **DISCOUNTS**  
**AT THIS**  
**LOCATION ONLY**  
**RIDEAU CENTRE 50 Rideau St**

**STORE CLOSING**

**EVERYTHING MUST GO!!!**

**20% OFF** All Refrigerators, Freezers,  
Ranges & Dishwashers  
**Super Savings!**

**25% OFF** All In-Stock Wall Ovens,  
Range Hoods, Cooktops  
and Microwaves

**30% OFF** All Craftsman Tools  
and Tool Storage  
**Stock Up NOW!**

**40% OFF** All Back To School Fashion  
Clothing and Footwear **Plus All**  
Intimate Apparel, Hosiery & Sleepwear  
**Plus Everything Bed & Bath**  
Sheets, Bath Towels, Blankets, Comforters & More

**50% OFF** All Mattresses  
**Plus All Fine**  
Gold Jewellery  
Rings, Pendants, Necklaces, Earrings,  
Bracelets & MUCH MORE!

**Hurry, We Must Sell To The Bare Walls,  
Quantities Are Limited!!!**

**Store Fixtures, Furniture and Equipment for Sale!**

ALL SALES FINAL. OPEN REGULAR STORE HOURS. WE ACCEPT MASTERCARD, VISA, AMERICAN EXPRESS,  
AND SEARS FINANCIAL™ CREDIT CARDS. WE ACCEPT SEARS GIFT CARDS AND SEARS CASH CARDS.  
ALL ITEMS AVAILABLE WHILE QUANTITIES LAST. THIS STORE IS EXCLUDED FROM CURRENT SEARS  
FLYER OFFERS. EXCLUDES COSMETICS, FRAGRANCES AND LICENSED DEPARTMENTS.



Right: Maygan Sensenberger leaves provincial court in Saskatoon on Monday. Left: Sensenberger and her husband, Rod Zimmer, a Manitoba senator. LEFT: FACEBOOK; RIGHT: LIAM RICHARDS/THE CANADIAN PRESS

## Senator's wife told to stay away from hubby

### Turbulent flight.

Sen. Zimmer, 69, and Sensenberger, 23, were in court Monday



**MORGAN MODJESKI**  
Metro in Saskatoon

A 23-year-old senator's wife charged with causing a disturbance and endangering an aircraft received a bittersweet anniversary gift from a Saskatoon judge.

Maygan Sensenberger was released from jail Monday but told not to have contact with her husband, Rod Zimmer, a Manitoba senator. She is also prohibited from drinking alcohol and entering bars.

The provincial court judge

who issued the ruling didn't explain why Sensenberger is to stay away from her husband, who was also in court.

The couple, who married one year ago, made headlines last Thursday when Saskatoon police were called to meet a plane carrying a disruptive passenger.

The two were flying to Saskatoon from Ottawa when Zimmer experienced tightness in his chest. Sensenberger reacted by becoming upset.

Court records show police believe she uttered threats against her husband and threatened to take down the plane.

Upon hearing the judge's order, Sensenberger told the judge, "I don't know what to do."

The judge said the process

### Witness testifies

Fellow passenger Scott Wright said he witnessed the couple arguing, but denied that any threats were made. Wright testified that Sensenberger seemed concerned about her husband's medical condition.

will unfold "one step at a time."

No one was injured in last week's incident.

Sensenberger is set to appear in domestic-violence court — which sometimes gives people a chance to enter a plea and receive treatment for a lesser sentence — on Tuesday at 9 a.m.

WITH FILES FROM THE CANADIAN PRESS

### Student protests

## Chaos reigns in return to Quebec classrooms

The calm of summer was shattered Monday with the return of school to Quebec universities, where some classes were disrupted as protesters disobeyed the back-to-school law.

Chaotic scenes, reminiscent of those seen across the province in the spring, suddenly flared up at Université de Montréal and Université du Québec a Montréal after a relatively quiet summer.

The province passed an emergency law, known as Bill 78, to set stiff fines for people who prevent students from attending class. **THE CANADIAN PRESS**

## Toronto body-parts case. Ex-boyfriend charged with second-degree murder

An ex-boyfriend of a woman whose body parts were found scattered in two Toronto-area parks has been charged in her death.

Peel Regional Police Insp. George Koekoek told a news conference the 40-year-old man is charged with second-degree murder in what he described as a "domestic-related homicide."

Chun Qi Jiang was arrested in Toronto on Sunday and remanded into custody when he appeared in court on Monday.

Jiang, a Canadian citizen of Chinese descent, was not previously known to police, Koekoek said.

The inspector said Jiang had

### Gristly discoveries

- On Aug. 15, Liu's right foot was found in the Credit River in Mississauga. Liu's head and hands were later discovered in the river.
- Two calves, a thigh and an arm were found in West Highland Creek, just blocks from where she lived in Toronto.

a four-year relationship with Guang Hua Liu, 41, and the couple was recently estranged. **THE CANADIAN PRESS**



# Storm expected to revisit Taiwan and Philippines

**Typhoon Tembin.**  
119 km/h winds  
predicted to hit island  
nations Tuesday

Typhoon Tembin, which drenched southern Taiwan last week before going out to sea, appeared to be looping back Monday for another run at the island and the nearby Philippines, forecasters said.

The revisit comes after another storm about 1,200 kilometres to the northeast, Typhoon Bolaven, lashed the Japanese island of Okinawa. It injured five people and left 66,500 households without power as of Monday afternoon, but did less damage than feared before moving north into the East China Sea.



A man walks down a lane of water-damaged furniture from heavy rains brought by Typhoon Tembin in Pingtung county, Taiwan, Friday.  
THE ASSOCIATED PRESS

Bolaven could affect coastal areas of South Korea by Tuesday, weather officials said.

Taiwan's Central Weather Bureau predicted that Tembin would make landfall early Tuesday in the same part of southern Taiwan where it dumped

more than 500 millimetres of rain three days ago. Tembin, packing winds of 119 km/h, will likely skirt the eastern Taiwanese coast before moving northward toward the Chinese mainland, the bureau said.

In Manila, the Philippine weather agency reissued typhoon warnings to residents and fishermen for Tembin, which blew out of the archipelago over the weekend. Fishing boats in the north were urged not to venture out to sea while larger ships were warned of possible big waves and heavy rains.

Filipino forecaster Manny Mendoza said Tembin's 600-kilometre-wide cloud band would likely intensify monsoon rains and bring strong winds and thunderstorms to the country's still-soggy north.

THE ASSOCIATED PRESS



## India feeling effects of rain shortage

Indian farmer Satyavan Narwal gestures to a parched pond that would usually provide drinking water for cattle in Kathura village, in Haryana, India. Monsoon showers, which normally run from June to September, are crucial in a country where 60 per cent of the population works in agriculture and less than half the farmland is irrigated. India's Meteorological Department has said it expects the country to get at least 10 per cent less rain this year than during a normal monsoon, but large parts of the country have been hit much harder.

MUSTAFA QURAISHI/THE ASSOCIATED PRESS

### On shaky ground

#### Quake rocks coast of El Salvador

A strong magnitude-7.3 earthquake struck off the coast of El Salvador followed an hour later by a magnitude-5.4 aftershock, authorities said early Monday. There were no immediate reports of damages or injuries. THE ASSOCIATED PRESS

### Melting away

#### Summer heat shrinks Arctic Ocean ice to record low

Critical ice in the Arctic Ocean melted to record low levels this sweltering summer and that can make weather more extreme far away from the poles, scientists say. The National Snow and

Ice Data Center reported Monday that the extent of Arctic sea ice shrank to 4.09 million square kilometres and is likely to melt more in the coming weeks. That breaks the old record of 4.17 million square kilometres set in 2007.

In the winter, the frozen saltwater surface usually extends about 15.54 million square kilometres. THE ASSOCIATED PRESS

Back to school

Long Distance

Free long distance  
with no strings attached...  
how smart is that?

Long Distance  
**\$25 FREE**  
to call anywhere in the world  
• No Contracts • Satisfaction Guaranteed!

Comwave will beat  
all competitors rates...  
We guarantee it!

\$5 /month

Unlimited Canada  
Unlimited calling to  
anywhere in Canada

1¢ /minute

India  
1000 Minute bundle  
only \$10/month

Cuba  
89¢ /min

Croatia  
2.9¢ /min

Mexico  
1.9¢ /min

Pakistan  
3.9¢ /min

Philippines  
10.9¢ /min

Kazakhstan  
4.9¢ /min

Bangladesh  
3.9¢ /min

Dominican Republic  
3.9¢ /min

Ukraine  
8.9¢ /min

Israel  
1.9¢ /min

Vietnam  
3.9¢ /min

Iran  
4.9¢ /min

613-216-6100

www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. \$25 free promotion is applied \$5 per month for 5 months. No minimum usage required. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply. see www.comwave.ca for details.



# Death toll rising after massive refinery blast

**Venezuela.** Residents in nearby neighbourhood still troubled by lack of warning hours before

The death toll rose to 41 at Venezuela's biggest oil refinery, where fires were still raging on Monday two days after a powerful explosion.

Hospital officials in the western city of Maracaibo said on Sunday that a soldier and a member of the National Guard had died. The two men were taken to the hospital with wounds including severe head

## Undetected leak

"That the gas leak went undetected for a number of hours ... indicates to me that there is a lack of safety-related planning."

Energy analyst Jorge Pinon

injuries and burns covering much of their bodies, the Venezuelan newspaper El Universal reported.

Government officials had previously confirmed that 39 people died and more than 80 were injured.

Residents in a neighbourhood next to the refinery say they had no warning before the explosion hit at about 1 a.m., Saturday.

"What bothers us is that there was no sign of an alarm. I would have liked for an alarm to have gone off or something," said Luis Suarez, a bank employee in the neighbourhood. "Many of us woke up thinking it was an earthquake."

People who live next to the refinery said they smelled strong fumes coming from the refinery starting between 7 p.m. and 8 p.m. Friday, hours before the blast.

Then, a cloud of gas ignited in an area of fuel-storage tanks and exploded. Some of the tanks were still burning on Monday. **THE ASSOCIATED PRESS**



Plumes of black smoke and flames continue to rise over the Amuay refinery near Punto Fijo, Venezuela, Monday.  
ARIANA CUBILLOS/THE ASSOCIATED PRESS

## Belgium. Killer's ex-wife up for release

Convicted pedophile and killer Marc Dutroux's ex-wife — an accomplice who let two of his victims starve to death — is on the verge of release.

On Tuesday, the nation's highest court will likely approve granting Michelle Martin conditional freedom, after serving little more than half of the 30-year sentence she was given for her part in the mid-1990s kidnappings, rapes and killings.

The Court of Cassation will decide on appeals from the prosecutor's office and the families of victims on Tuesday and rule if procedural errors were made in the decision of a lower court to approve her conditional release. **THE ASSOCIATED PRESS**



Family members of two victims after the funeral in 1996. **THE ASSOCIATED PRESS**

**SHOP • CA™**

CANADA'S BIGGEST ONLINE STORE

SHOP & EARN, EVERY TIME!™

## Get away in *style* this long weekend

- ☒ Free shipping on millions of products
- ☒ Brands that you love and trust
- ☒ Shopping from the comfort of your home
- ☒ Amazing Rewards! Up to 2.5% cash

[www.shop.ca](http://www.shop.ca)

PLUS SIGN-UP AND **GET \$10 REWARDS** CASH ON YOUR FIRST \$25 PURCHASE

# Taliban behead 17 in Afghanistan, seemingly for going to a dance



A woman clad in a burka walks past graffiti in Kabul on Sunday.

AHMAD NAZAR/THE ASSOCIATED PRESS

**Militants.** Insurgent group still holds much power in the south

Insurgents beheaded 17 civilians in a Taliban-controlled area of southern Afghanistan, apparently because they attended a dance party that flouted the extreme brand of Islam embraced by the militants, officials said Monday.

The killings, in a district where U.S. Marines have battled the Taliban for years,

were a reminder of how much power the insurgent group still wields in the south — particularly as international forces draw down and hand areas over to Afghan forces.

The victims were part of a large group that had gathered late Sunday in Helmand province's Musa Qala district for a celebration involving music and dancing, said district government chief Neyamatullah Khan. He said the Taliban slaughtered them to show their disapproval of the event.

All of the bodies were decapitated but it was not clear

if they had been shot first, said provincial government spokesman Daoud Ahmadi.

Information was only trickling out slowly because the area where the killings occurred is largely Taliban-controlled, Khan said. The Taliban spokesman for southern Afghanistan could not be reached for comment.

Many Afghans and international observers have expressed worries that the Taliban's brutal interpretation of Islamic justice will return as international forces withdraw.

THE ASSOCIATED PRESS

## Syria

Rebels take down regime helicopter, activists say

A Syrian military helicopter crashed in a ball of fire Monday after apparently being hit during clashes between government forces and rebels in the capital Damascus, activists said, in a sign of the fighters' growing abilities as they struggle to topple President Bashar Assad's regime.

An Internet video shows the chopper engulfed in flames and spinning out of control shortly before it hits the ground. Rebels shout "Allahu Akbar!" as the helicopter goes down.

THE ASSOCIATED PRESS



RBC Insurance

# We do car insurance? Quite well, actually.



Ranked "Highest in Customer Satisfaction among Auto Insurers in the Ontario and Atlantic Region" by J.D. Power and Associates.

It's likely you don't spend a lot of time thinking about car insurance — that is, until you have to file a claim. That's when the real value in having a great car insurance provider becomes clear. With RBC Insurance®, our commitment to great service means we handle claims as quickly and conveniently as possible, so you can get back on your way sooner. After all, you've got more important things to do than worry about car insurance.



To get your quote, call 1-877-ROYAL®-43, go online at [rbcinsurance.com/car](http://rbcinsurance.com/car) or visit your local RBC Insurance store.

In the South Keys Shopping Centre  
2212 Bank Street, Ottawa

In the Terry Fox Shopping Centre  
500 Hazeldean Road, Kanata

Insurance advice for your life™

| HOME | AUTO | LIFE | HEALTH | TRAVEL | BUSINESS | RETIREMENT |

Underwritten by RBC General Insurance Company or RBC Insurance Company of Canada.

© / ™ Trademark(s) of Royal Bank of Canada. Used under licence. Due to the government-run auto insurance plans, RBC Insurance does not provide auto insurance in Manitoba, Saskatchewan and British Columbia.

RBC Insurance received the highest numerical score among auto insurance providers in the Ontario and Atlantic Region in the proprietary J.D. Power and Associates 2011 Canadian Auto Insurance Customer Satisfaction Study™. Study based on 11,286 total responses measuring 20 providers in the Ontario and Atlantic Region (NB, NL, NS, ON, PE) and measures consumer satisfaction with auto insurance providers. Proprietary study results are based on experiences and perceptions of consumers surveyed in July-August 2011. Your experiences may vary. Visit [jdpower.com](http://jdpower.com)



# Housing affordability still eroding

**Higher home prices.** Possible interest-rate increases next year could strain ownership and ultimately cool housing markets

Housing affordability continued to erode in most markets across Canada in the second quarter as a result of higher home prices and interests rates, but there were a few bright spots.

Alberta, in particular, solidified its position as having the most affordable housing market thanks to a significant drop in prices for electricity and natural gas, says a quarterly Royal Bank housing report.

Montreal also enjoyed improved affordability, which prompted resales to rise 8.6 per cent to reach their third-highest second-quarter total, the report said.

A 17 per cent reduction in Alberta utility costs was the biggest contributor to the improve-

## Toronto index

- The Toronto index deteriorated by 0.9 percentage points to 54.5 per cent based on \$113,700 in annual income.
- While home-ownership costs were above the historical average, they were still well below the peaks experienced during the housing bubble in the late 1980s.

ment in the cost of owning a home as a share of household income.

On a national level, modest increases in home prices and mortgage rates slightly eroded housing affordability in the quarter.

RBC's affordability index for a detached bungalow stood at 43.4 per cent of income nationally in the second quarter, up 0.2 percentage points from the first quarter but unchanged from a year ago. **THE CANADIAN PRESS**



## Iraqis flock to faux fast-food franchises

A customer stands outside Burger Friends restaurant in Baghdad, Iraq. A wave of new American-style fast-food restaurants is spreading across the Iraqi capital, enticing customers hungry for alternatives to traditional offerings. Iraqi entrepreneurs and investors from nearby countries, not big multinational chains, are driving the food craze. They see Iraq as an untapped market of increasingly adventurous eaters where competition is low and the potential returns are high. The traditional Arabic restaurants long popular here now find themselves competing against curiously-named rivals such as Florida Fried Chicken, Mr. Potato, Pizza Boat and Burger Friends. There is even a blatant KFC knockoff called KFG, which owner Zaid Sadiq insists stands for Kentucky Family Group. **KARIM KADIM/THE ASSOCIATED PRESS**

## Wages. Non-union salaries to rise: Survey

Non-union workers across Canada can expect wage increases of 3.2 per cent on average next year, according to an annual survey by Mercer.

The global business consultancy said Monday that the projected wage increases would match actual increases in base pay reported for 2012. They

would also be up slightly from the average of three per cent in 2011 and 2.9 per cent in 2010.

Mercer's 2012/2013 Canada Compensation Planning Survey, conducted annually for over 20 years, includes responses from more than 750 employers across Canada and reflects pay practices for ap-

proximately two million non-union workers.

Mercer said the results are indicative of a steadily increasing trend that will also see top-performing employees — some six per cent of the workforce — enjoy even higher increases as companies strive to retain critical talent. **THE CANADIAN PRESS**

### Auto rentals

#### Hertz buys Dollar Thrifty for \$2.3B

More than two years after its original bid, Hertz agreed Sunday to buy Dollar Thrifty Automotive Group for about \$2.3 billion US, giving it more ways to attract travellers and expand its international presence.

At \$87.50 per share, the

deal is worth far more than any of Hertz's previous bids and about eight per cent higher than Dollar Thrifty's closing price Friday.

Travellers who rent through Dollar Thrifty will still visit that counter for service. In the long run, prices in many markets will almost certainly rise as the two companies streamline their operations.

**THE ASSOCIATED PRESS**



A clerk works at a Dollar Rent A Car outlet in New York. **THE ASSOCIATED PRESS**

## Patent case. Apple seeks ban on 8 Samsung devices

Apple on Monday gave a federal judge a list of eight Samsung products it wants pulled from shelves and banned from the U.S. market.

U.S. District Judge Lucy Koh asked for the list after a jury in San Jose last week slammed Samsung with a \$1.05-billion US verdict, finding that the South Korean technology giant had "wilfully" copied Apple's iPhone and iPad in creating and marketing the products. Samsung plans an appeal.

The products Apple wants banished from the United States are all smartphones: Galaxy S 4G, Galaxy S2 AT&T, Galaxy S2, Galaxy S2 T-Mobile, Galaxy S2 Epic 4G, Galaxy S Showcase, Droid Charge and Galaxy Prevail.

The judge has scheduled a Sept. 20 hearing to discuss Apple's demands for the sales bans.

She asked Apple on Friday to submit the list of products its wants removed from U.S. stores after Samsung complained it doesn't have enough time to prepare for the scheduled hearing. **THE ASSOCIATED PRESS**

### Market Minute

**DOLLAR**  
100.93¢ US (+0.08¢)

**TSX**  
12,048.82 (-33.41)

**OIL**  
\$95.47 US (-99¢)

**GOLD**  
\$1,675.60 US (+\$2.70)

**Natural gas:** \$2.65 US (-5¢)  
**Dow Jones:** 13,124.67 (-33.3)

<b>Canada's</b>  <b>Mobile Notary</b>  <b>Certified True Copies</b>  <b>E-Document Certification</b>  <b>Notarization &amp; Commissioners of Oaths</b>  <b>Affidavits</b>  <b>Visa &amp; Passport Processing</b>  <b>RedSeal Notary.com</b>	<b>National Notary Public</b>  <b>Notarization &amp; Legalization</b>  Over 100 Locations Across Canada    Scan and Save  	<b>Company</b>  <b>Fingerprinting</b>  <b>Background Checks</b>  <b>Land Title Searches</b>  <b>Authentication &amp; Legalization (Apostille)</b>  <b>Consent to Travel</b>  <b>1-888 922-7325</b>
---	--	--

## Launching Women into Leadership

### Management Development Program for Women

Professional part-time program. Bursaries available.

For more information, please call 613-520-2650.

[www.sprott.carleton.ca/mdpw](http://www.sprott.carleton.ca/mdpw)





Get yours  
before September 6

# iPhone 4

at \$0 will knock your spots off.



iPhone

\$0 on a 3 year term with  
minimum \$50 plan/add-on(s).\*

\$549 no term

Pair it with our Promo Voice and Data Plan, which includes:

- Worry-free Flex Data that automatically adjusts to your data usage
- UNLIMITED nationwide talk with your 10 Favourite Numbers†
- UNLIMITED text, picture and video messaging‡
- UNLIMITED local Early Night and Weekend calling starting at 6pm

Caller ID &  
Voice Mail  
INCLUDED

To find out more, visit [telusmobility.com/iphone4offer](http://telusmobility.com/iphone4offer)

**TELUS**  
the future is friendly®

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit [telusmobility.com](http://telusmobility.com) or call 1-866-264-2966.



**BLACK**  
FRIDAY

**FUTURE SHOP**

**MOBILE SHOP**  
telusmobility.com/retailer/choose-your-product-or-add

**Walmart**

#### TELUS STORES & AUTHORIZED DEALERS

**Kanata**  
Kanata Centrum Walk

**Nepean**  
Chapman Mills Marketplace

**Orleans**  
Place D'Orleans  
4312 Innes Rd

**Ottawa**  
Bayshore Shopping Centre  
Billings Bridge Shopping Centre  
Carlingwood Shopping Centre

Ottawa Office Tower  
Rideau Shopping Centre  
St Laurent Centre  
100 Trainyards Dr

424 Catherine St  
1255 Coldrey Ave  
1568 Merivale Rd

2160 Montreal Rd  
2950 Bank St  
**Stittsville**  
1300 Main

\*iPhone 4 8 GB. Also available in white. Regular 3 year term pricing is \$49. †Your ten numbers must be Canadian domestic numbers and must not include your own TELUS mobile phone number, your voice mail retrieval number, toll-free or 900 numbers. Nationwide talk refers to local and Canadian long distance calls made to or received from your mobile phone and is subject to additional roaming and/or international charges. You may change the ten numbers once per billing cycle by visiting [telusmobility.com](http://telusmobility.com). ‡Premium messages are not included. An additional 15¢/message charge will apply for each text message or attachment sent to clients outside of Canada and the US. Text messages sent or received while roaming outside of Canada will be charged at 60¢/message. Visit [telusmobility.com/text](http://telusmobility.com/text) for details. Clients with phones not able to display picture or video messages will receive a text message that includes a web address for viewing. Multimedia messaging used while outside of Canada is charged as data roaming. TELUS, the TELUS logo, the future is friendly and [telusmobility.com](http://telusmobility.com) are trademarks of the TELUS Corporation, used under licence. TM and © 2012 Apple Inc. All rights reserved. YouTube is a trademark of Google, Inc. © 2012 TELUS.

# PARK LIFE: FINDING JOY IN THE CITY'S COMMUNAL BACKYARD



**SHE SAYS...**  
Jessica Napier  
metronews.ca/voices/  
she-says

Sometimes I'm jealous of my suburban pals. I don't have a backyard, a barbecue, a deck or a pool; but I do have a park. In the city's concrete jungle, parks are an oasis of green where visitors

and residents congregate en masse to enjoy the dog days of Canada's fleeting summer.

Every weekend, downtown dwellers descend from their high-rise abodes to enjoy the street-level wonders of urban parklands. They sprawl out on picnic blankets and people-watch as other park-life fans throw Frisbees, walk their dogs and engage in raucous rounds of croquet and bocce ball. After the sun goes down, people bring their own lanterns and sparklers, hosting al fresco birthday parties under the moonlight.

## Land of the park-goers

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

This summer, my neighbourhood has been playing host to a series of impromptu outdoor-movie nights. These screenings aren't so much an official community event as they are a couple of guys with a projector and enough Facebook friends to get the word out.

Tea-light candles demarcate the seating area and the previews are YouTube music videos that inspire dancing in the crowd. Bicycles litter the makeshift aisles and the organizers sell \$3 cans of Pabst

Blue Ribbon and PWYC popcorn. Is it legal? Definitely not, but it's amazing.

After the movie finishes, everyone gathers their garbage and quietly makes their way home. For the most part, no one is loud and obnoxious; we respect our neighbours and the sanctity of our little patch of green in the heart of the city.

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

Parks are exempt from the rules and commercial interests that govern the rest of the city; they are places to bring home-made meals and make DIY fun. There is no waiting for a table at the park and the price of admission is nil.

My park is where I liberate myself from the monotony of the treadmill and run along winding pathways and hidden trails. It is where I go to be alone with a book or reconnect with friends over a game of Scrabble, accompanied by a concealed bottle of wine. It is the bonus piece of beautiful green space that was never advertised with my 800-square-foot apartment.

As cityscapes become increasingly dominated by paved sidewalks and towering structures of concrete and glass, our parks, no matter how small, feel like an expanse of natural realism. They should be enjoyed and celebrated but, most importantly, preserved.

Follow Jessica Napier on  
Twitter @MetroSheSays



A sunbather does a cartwheel in Manhattan's Westside Park in New York City earlier this summer. JOHN MOORE/GETTY IMAGES

# Look before you leap



NATE CHAPPELL/REX FEATURES

## Frog legs

## Flipped like a pancake

This picture of a wild supper was captured in Missouri City, Texas, by photography tour operator Nate Chappell.

The yellow-crowned night heron preys on frogs but has to flip them several times in order to swallow them.

This two-legged bird needed several attempts to consume its meal.

METRO



Nate Chappell CONTRIBUTED

## Q & A with the photog

- **How did you get the shot?**  
The heron was preoccupied with eating the frog so it let me approach fairly close. I got down low in the grass to get a more intimate view and better background. I crawled on my hands and knees to get closer to the bird, knowing that the bird was less likely to fly off if I was crawling. The bipedal form of humans is how most animals recognize humans and consider us a threat.

## Long-time nesters

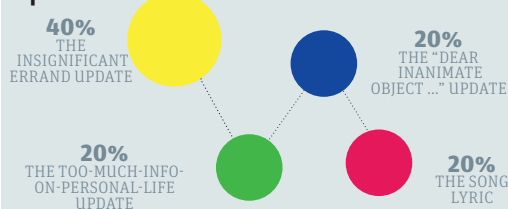
# 20

The number of years a yellow-crowned night heron family will inhabit a single nest. This is remarkable loyalty as the bird only lives for around six years, but its family will stay far beyond that. However, in many of the U.S. breeding grounds, the nests are under threat from hunters.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

## What's the most annoying Facebook status update?



## Twitter

@melissabaumann:

I just looked out my window and saw my dad fling a dead mouse into the neighbour's yard #thatstotallynormal #embarrassing

@blooms:

@Finola Kind of like school newsletters typed in Comic Sans... Painful.

@BryanneMC:

Soo guard geese are terrifying creatures... #RUN

@jilliaansmith:

#10TurnOns neck kissing & lip biting

@SensTown:

this guy is a serious Martin Havlat fan yikes <http://t.co/sBaYHO7Z>

@trunz10:

I guess I can check off going to an Eagles game off the bucket list... December 23rd! #EaglesVs-Redskins



DVD reviews



Battleship

Director: Peter Berg

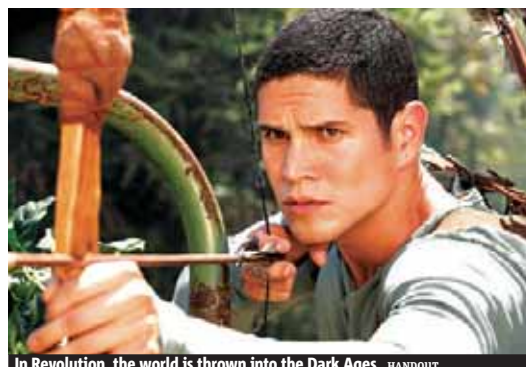
Stars: Alexander Skarsgård, Brooklyn Decker, Liam Neeson

The reliable Liam Neeson elevates every film he puts his name to, including pay cheque gigs like *Clash of the Titans*. But even he couldn't keep *Battleship* from tanking. Based in name only on the old Hasbro board game, the Peter Berg-directed film awkwardly yokes a romantic redemption tale with a sci-fi potboiler about space aliens invading Earth. Neeson gives good stare in *Battleship*, as the admiral in charge of the U.S. Navy Pacific Fleet. That's about all he gives, but you can't blame him. The characters are little more than game pieces in this exercise in CGI overkill. Taylor Kitsch is the putative star, playing screw-up Alex Hopper, who fails at the high ideals set by his Navy-straight older brother Stone (Alexander Skarsgård). *Battleship* gives little reason to care about these characters. The state of your hearing after all the boom-boom would be of greater concern.

PETER HOWELL



Partners is the story of two guys and a bit of jealousy. HANDOUT



In Revolution, the world is thrown into the Dark Ages. HANDOUT

# TV's fresh fall crop a rather safe fare

**Predictable choices.** With the exception of *Animal Practice*, new programs seem to be sticking to tried-and-true formulas

Here's a fearless prediction for the new fall season: *Animal Practice* will be either a hit or a big-time miss; either a comedy game-changer for NBC or a punch line for its ratings desperation.

This sitcom about a veterinarian and his monkey sidekick is already commanding the attention of viewers. NBC has heavily hyped it, most notably by interrupting the Olympics closing ceremony to air a preview of the show and enraging viewers waiting for the Who.

But who cares if they're angry? For any new show, just getting noticed is half the battle. Between now and December, *Animal Practice* (airing on Global in Canada) is among nearly two dozen series getting launched by the five broadcast networks, which for weeks have been feverishly hyping the new crop with everything

from bus ads to Twitter feeds, plus multi-platform previews of some shows, like *Animal Practice*, thrown in.

All of this is done with the certain knowledge that at least two-thirds of the new fare, no matter how relentlessly promoted, will have fallen by the wayside by this time next year.

Remember these duds from last fall: *Charlie's Angels*? *Free Agents*? How to be a Gentleman? Does a similar fate await *Animal Practice*, which stars Justin Kirk as a misanthropic veterinarian and Crystal, a scene-stealing capuchin monkey, as his oddly human second banana? Or what about *Go On*, an NBC comedy (airing on Global in Canada) that casts Matthew Perry as a sports-talk radio host forced to attend grief counselling after the death of his wife?

Or what about *Chicago Fire* (airing on Global in Canada) an action drama about firefighters from *Law & Order* maestro Dick Wolf? *Chicago Fire* could be pigeonholed as a show about public safety, but bona fide cop dramas — one of TV's most enduring genres — are represented by three fanciful variations.

On Vegas, CBS' robust new

drama (airing on Global in Canada) set in the early 1960s, Dennis Quaid plays a rancher-turned-sheriff of the budding gambling mecca, with Michael Chiklis a mobster casino boss.

NBC's *Elementary* (airing on Global in Canada) stars Jonny Lee Miller as a modern-day detective with the name and quirkiness of legendary Sherlock Holmes, and Lucy Liu as Dr. Joan Watson. They assist the New York Police Department with solving crimes.

And the CW's *Beauty and the Beast* (airing on Showcase in Canada) features a lovely young homicide detective (Kristin Kreuk) who reconnects with a handsome young doctor who saved her life when a teenager. She also discovers his terrible secret: Thanks to a military experiment gone awry, when he is enraged, he becomes a terrifying beast with uncontrollable strength.

Meanwhile, there's just one new lawyer show on tap: CBS' *Made in Jersey* (airing on Global in Canada), which stars British actress Janet Montgomery as a young working-class Jerseyite from a long line of self-taught beauticians, a gal who bought her attache case not on Madison Avenue but down the

shore. She lands a job across the river at a prestigious Manhattan law firm where her style raises eyebrows but wins cases.

Autumn will bring three new doctor dramas, each of which — like *Made in Jersey* — is headlined by a woman.

Jordana Spiro stars in Fox's *The Mob Doctor* (airing on CTV in Canada) as a Chicago surgeon whose obligations to the mafia require her to give medical treatment to a gang of hoods.

On the CW's *Emily Owens M.D.* (airing on CTV in Canada), Mamie Gummer plays a young med-school grad who's beginning a hospital internship full of hope. And on the Fox comedy *The Mindy Project*, creator-star Mindy Kaling plays a thriving OBGYN whose personal life is a succession of pratfalls.

NBC's edgy *The New Normal* (airing on CTV in Canada) finds gay couple Andrew Rannells and Justin Bartha concluding there's only one thing missing from their happy home: a child. Also trading on the gay theme is *Partners* (airing on Citytv in Canada), with David Krumholtz as Joe and Michael Urie as Louis, partnered architects and best friends since high school.

THE ASSOCIATED PRESS

# 2 SCENE

On the web



After a century of movie copyrights, piracy and preservation still present challenges.

## HOW DO YOU KEEP 200 MILLION CUSTOMERS HAPPY? WITH YOUR EARS.

Being part of a global company across 18 countries means we have over 200 million customers to listen to and learn from. That helps us provide you with the products and services you deserve, like unlimited plans that really are unlimited.



WINDmobile.ca

THAT'S THE POWER OF

WIND™



# Cast a vote for comedy

## Ballots and balloons.

## Political conventions like candy stores for Daily Show cast

For The Daily Show correspondents, the national conventions are a veritable playground, teeming as much with targets for satire as they are with banner-waving delegates.

As it has in recent election years, the Comedy Central show is decamping for both the Republican and

Democratic national conventions to broadcast a week of shows at each that will — in as close to real time as *The Daily Show* gets — parody the nation's most extravagant political pageants.

"I cannot overstate just how many balloons are at these things," says a wide-eyed John Oliver, the British comedian who's been a Daily Show correspondent since 2006 and "covered" the 2008 conventions

Whereas *The Daily Show* typically operates from its New York studio, sifting through TV footage for

## Laugh track

## A history of hilarity

- The Daily Show, which will shift its regular schedule a day to broadcast four shows from Tampa, Fla., on Tuesday through Friday, has been covering conventions on-site since 2000.

the gaffs, contradictions and inaccuracies of politicians and



**The Daily Show** has dubbed its upcoming coverage of the Republican and Democrat conventions, **RNC 2012: The Road to Jeb Bush 2016**. MARTIN CROOK, COMEDY CENTRAL / THE ASSOCIATED PRESS

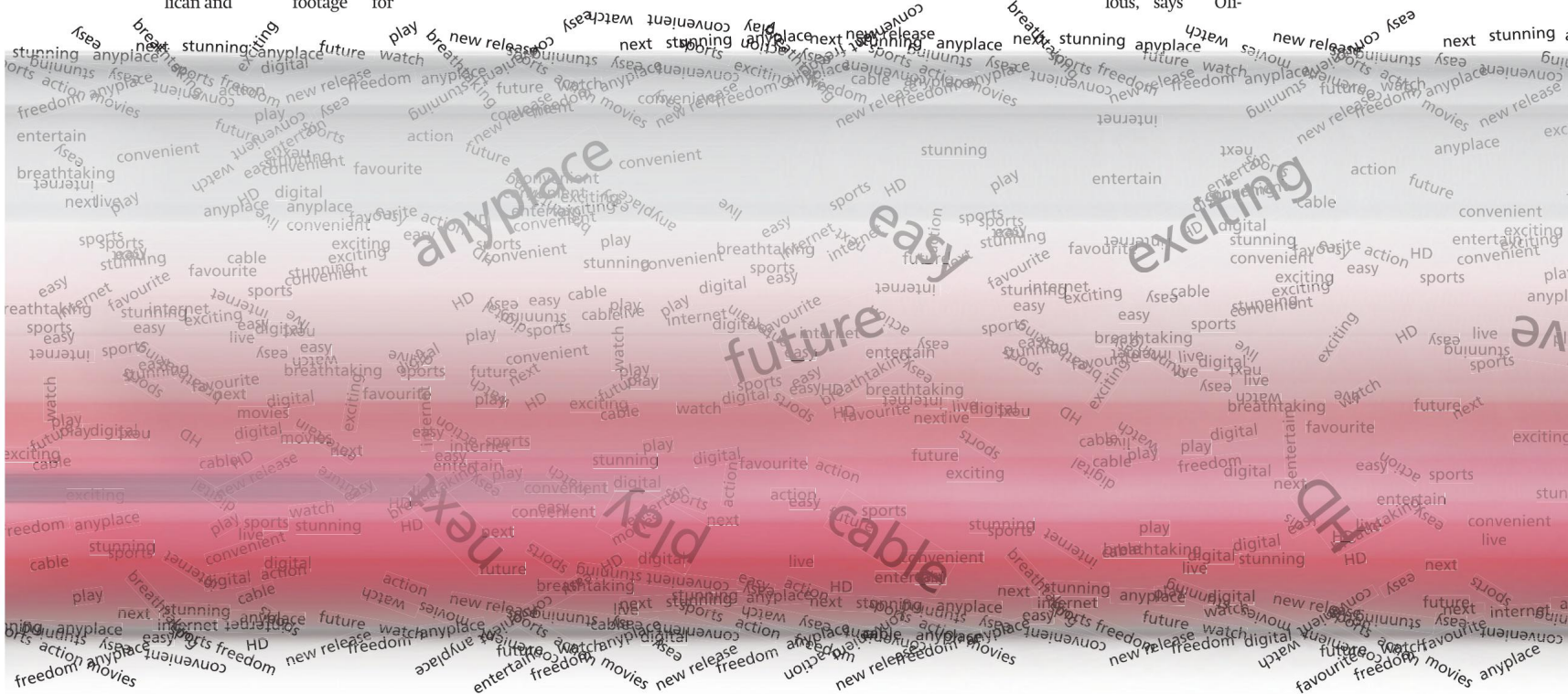
the media, the show is in the eye of the storm at the conventions

"It's not easy when you're in the middle of it and there's

nothing but goodwill swarming all around you and there's a moving sensation in the air, when you have to be the person going, "This is slightly ridiculous," says Oli-

ver. "People do tend to look at you and go, 'Really? You have to ruin this?' Not ruin it, provide another perspective on it."

THE ASSOCIATED PRESS



# Reality show set to sizzle with spy cams

## Restaurant Makeover

**made over.** Fresh twist  
Takeover adds new edge  
to popular program

Restaurants teetering on the edge of bankruptcy need to get with the times, says a food industry expert who is passionate about helping failing eateries get their ledgers back in the black.

Chef Corbin Tomaszewski, who dines incognito as part of Restaurant Takeover, says he's amazed that many restaurateurs are not up-to-date when it comes to social networking or don't have Wi-Fi.

"If you look at the younger generation with their smartphones, you've got to get on board with that. People come in



**Royal Ontario Museum Chef Corbin Tomaszewski will dine incognito as part of Restaurant Takeover.** FOOD NETWORK CANADA/THE CANADIAN PRESS

with their smartphones. What do they do?" he asked. "They take pictures, there's Facebook, they're tweeting, there's Pinterest, Instagram, there's all those things they do and that's just

with their cellphone," he said.

"That's a huge impact on your business and if you're not set up for it, you're screwed."

Tomaszeski, who is executive chef at the Royal Ontario

## Get real!

**"It's less stagy, or fabricated as I say, and I also think it's not as predictable as the old show."**

**Chef Corbin Tomaszeki on reality show, Restaurant Takeover**

Museum and has 20 years experience in the food trade, is one of the experts who, along with designers, turn around failing eateries in the new show *Restaurant Takeover*. The fresh take on *Restaurant Makeover* premieres Thursday at 9 p.m. ET on Food Network Canada.

"I like the spin on the new direction the show has taken," with a greater focus on food and more tough love, Tomaszewski said.

What's different is the addi-

tion of spy-cams, which provide undercover footage of what customers would see, "which makes it blatantly obvious why they're having the problems they are," he added.

"We're actually looking at the restaurant while they're in business, which is something that never happened before. (Before) we went when it was empty, there was never any public there. You now have that realness to the show. It's less stagy, or fabricated as I say, and I also think it's not as predictable as the old show."

He said there's more focus on resolving why the restaurants are having problems rather than just doing a quick fix and creating a few dishes.

"There's a little more accountability on the restaurant's side with the chef and the designer taking over the restaurant. And (it's) really explaining

to these restaurant owners that their business is in the pits and we need to do something about it. So we physically take the restaurant over."

Besides Tomaszeski, other familiar faces include Massimo Capra, chef and co-owner of Toronto Italian restaurants Mistrura and Sopra Upper Lounge, and designers Cherie Stinson and Cheryl Torrenueva.

They're being joined by some newbies: chefs Richard Andino, Derek Minkensky, Andrea Nicholson and Adam Hynam-Smith, as well as designers Montana Burnett, Paula Velez, Amanda Campbell and Alison Milne.

As in the show's previous incarnation, restaurants apply to participate and agree to shut down during the six-day makeover. And they must pony up \$15,000, which the show matches. **THE ASSOCIATED PRESS**



# Don't compromise.

## NOW GET THE **FASTEST INTERNET** IN A BUNDLE.



### ULTIMATE INTERNET

Up to 75 Mbps<sup>2</sup> – the fastest internet that's available in the most homes.<sup>3</sup>



### DIGITAL TV

Get over 215 channels, with over 40 in HD.



### ESSENTIALS HOME PHONE

Switching is easy. Keep your phones, jacks and number.

**\$99**<sup>99/mo</sup>  
for 3 mos with  
2-yr. term. Includes  
all monthly fees.

**CALL** 1 855 276-2872 **CLICK** [rogers.com/ultimate](http://rogers.com/ultimate) **VISIT** your local Rogers store

action ENTERTAIN NEW RELEASE LIVE WATCH FUTURE MOVIES FREEDOM NEXT SPORTS ENTERTAIN WATCH FUTURE MOVIES cable EASY STUNNING MOVIES  
ANYPLACE STUNNING ANYPLACE CONVENIENT ANYPLACE FAVOURITE EXCITING  
breathhtaking LIVE WATCH FUTURE MOVIES cable EASY STUNNING MOVIES  
Creating World-Leading Internet Experiences.



Offers available for a limited time within Rogers cable service area in Ontario only and subject to change without notice to: (a) new Rogers cable customers, and (b) existing Rogers cable customers not currently on a term contract for cable services. Two-year term required. An early cancellation fee applies. 1 Taxes extra. Regular monthly rates for each service will apply after three month promotional period for remainder of term. Regular monthly rates subject to change. Includes Ultimate tier Internet, Digital Basic TV and Home Phone Essentials service. A one-time installation charge of \$49.99 and activation fee of \$14.95 also apply. TV portion includes monthly Digital Service Fee of \$2.99 and, where applicable, CRTC Local Programming Improvement Fund Fee (LPIF) of 1.5% of the recurring TV monthly service fee. Home Phone portion includes a \$0.19 Message Relay Service Fee and \$0.22 9-1-1 Emergency Access Fee (non-government fee). Long distance and additional features extra. 2 Speeds may vary with internet traffic, server gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. Also see the Acceptable Use Policy at [rogers.com/terms](http://rogers.com/terms). Modem set-up: the system is configured to maximum modem capabilities within Rogers own network. For details, visit [rogers.com/keepingpace](http://rogers.com/keepingpace). 3 Based on Ultimate tier available within Rogers cable footprint as compared to competitor's highest tier service restricted to limited areas. ©2012 Rogers Communications.



Kellan Lutz

## Twilight actor misses the pre-fame days

Despite the mega-success of the Twilight film franchise, Kellan Lutz kind of misses the good old days.

"My favourite moments were during the first movie, before any of this craze happened. We were just ourselves, no one really knew who we were yet," Lutz tells Us Weekly. "We haven't changed per se, but we were able to get away with a lot more." And while some mem-

bers of the cast have dealt with the spotlight better than others, Lutz insists the series' popularity caught them all off guard.

"I don't really like to comment on everyone else's process, but I think we've all done the best we could with this," he says. "It can be surreal sometimes. I don't know if we all knew what we were fully getting into on all fronts."

## Happy couple, Reynolds, Lively going strong

After almost a year together, Ryan Reynolds and Blake Lively are still going strong, according to People magazine. The happy couple was spotted in New York City last week celebrating Lively's 25th birthday with an indulgent treat at Serendipity 3. "They were very attentive to each other, sitting close and very into each other," an eyewitness says. "They were obli-



Blake Lively and Ryan Reynolds

ous to what was going on around them."

### Twitter



@SethMacFarlane

A big part of my life is trying to apply Purell without being noticed by the person who just shook my hand.



@BetteMidler

Gentle readers, by now you have gathered that I have been interested in wacky weather ever since I saw smog for the first time 40 yrs ago..



@rustyrocks

I deny all hurtful rumours that I have invented bejeweled hover-shoes. Lawyers tell me they are fashionable.



@SandraBernhard

camping is fine as long as someone else does all the work



**CAREER TRAINING  
WORTH MANY SMILES!**

**DENTAL  
OFFICE AND  
CHAIRSIDE  
ASSISTANT**

Call Now for More Information!  
**1-866-769-6041**  
[www.EverestCanHelp.ca](http://www.EverestCanHelp.ca)

**Everest**  
COLLEGE  
BUSINESS • TECHNOLOGY • HEALTH CARE

**OTTAWA EAST • OTTAWA WEST**  
16 Convenient Locations in Ontario  
Providing Quality Education in Ontario for More Than 40 Years

Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available. Programs and schedules vary by campus.



Angelina Jolie and Brad Pitt

## Pitt children let loose in French toy store

Brad Pitt and Angelina Jolie squeezed in a little late-summer vacation time, taking four of their six kids to the coastal town of Le Touquet, France, over the weekend, according to People magazine. Pitt and Jolie treated daughters Zahara, Shiloh and Vivienne along with son Knox to pizza before letting them loose on a local toy store Jolie had visited before.

"I wasn't notified of their visit. I didn't expect it. I didn't even recognize them. I said 'Bonjour' like I do to all my clients and then I saw Brad Pitt," an employee of Culture Kid tells the magazine. "Since Angelina was here with her son last year, the shop has moved, but they found us."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Tom Cruise kept the diamonds coming

THE  
WORD

Monica Weymouth  
scene@metronews.ca

Say what you will about Tom Cruise — we certainly do — but the guy isn't cheap.

During their five-year marriage, Tom Cruise showered Katie Holmes with the type of gifts found only under the Scientology Christmas tree.

"Tom was extremely generous to Katie with lavish gifts during their marriage, and she will be keeping millions of dollars of jewelry, Hermes handbags and other luxurious items," a source tells RadarOnline.

"Tom gave Katie diamond earrings as a birthday gift one year that easily cost over \$500,000, and he had custom design pieces made for her."

Under the terms of their divorce, Holmes gets to keep the swag and is free to sell it if her earlobes get tired — meaning, we can only hope, that she won't need that Dawson's Creek reunion paycheck.





Visual aids can be used to help remind people that they have reached their limits on snacking. HANDOUT

# Obey the stop sign for snacking

**Health options.** New study shows that visual cues can effectively cut down on consumption of snack and junk foods in your home

**BEN KNIGHT**  
life@metronews.ca

Snacks are seductive. So delicious. So satisfying.

Not always healthy, though — and overindulgence is a constant danger.

But new research from Cor-

nell University in Ithaca, N.Y., suggests that visual cues can effectively cut consumption, without really damaging enjoyment.

Cornell's food and brand lab dyed every seventh chip in a stack of potato chips red, then gave them to unsuspecting test subjects.

"We simply had marker chips in there," says lab director Brian Wansink, author of *Mindless Eating: Why We Eat More Than We Think*.

"We didn't say anything. There was no mention of why it was red, or anything. Simply having a marker chip in there led people to eat either

## By the numbers

# \$2.1B

\$2.13 billion is the value of snack food products shipped by Canadian producers in 2009.

seven or 14 chips. They got to the point where they'd see this stop sign. They might eat one or two more chips, but they wouldn't eat 50 more."

A happy accident, or real science?

"We did the study three times, because the first time,

it seemed too good to be true," he says. "Every time we did it, we saw this huge, huge effect."

But does it work when people know what the red chip means? Can this work with other snack foods, which don't so easily stack?

"Yes, yes, yes!" Wansink enthuses. "You can break your snacks up into little baggies. It may not be good for the environment, but it gives you a visual stop sign. Or you can use a twist seal to reseal a candy bar after you've eaten part of it."

He also suggests eating ice cream out of a little bowl.

"You can go back for

seconds. You can go back for thirds! The empty bowl is kind of a red chip, saying 'Hey, do you want more?' You can have more, but you have to make that decision."

Wansink insists that eating less doesn't mean there's a matching drop in snack satisfaction.

"What we find is that it doesn't seem to be the amount. It's just whether you get the snack or not. We find that people get tremendous satisfaction out of just half the amount they would otherwise eat."


"Visual stop signs cause you to think twice."

# 3 LIFE

## On the Web




US Open defending champ Samantha Stosur on fitness, Japanese food, kick serves



**The new catalogue is here.**

BRING NEW LIFE TO YOUR HOME.



© Inter IKEA Systems B.V. 2012.



**CENTRE DENTAIRE RIDEAU DENTAL CENTRE**

Aesthetic, Implant & Family Dentistry Since 1983



**STRESS FREE AND CARING DENTISTRY NOW ACCEPTING NEW PATIENTS**

613-230-7475 • 2nd Level • Rideau Centre  
Check out our weekly blog at [www.rideaudental.ca](http://www.rideaudental.ca)  
THIS WEEK: Making Those Back to School Snacks Healthy Snacks





Recreational use of MDMA can have long lasting effects. ISTOCK PHOTOS

# The agony of ecstasy

**Health effects.** Study finds that even casual use of MDMA over a short period of time can have lasting issues

**CELIA MILNE**  
life@metronews.ca

Taking MDMA pills at a rave could hurt your brain in the long run.

MDMA — also known as ecstasy, XTC, Adam, E, or the love drug — is illegal.

It is sold inexpensively on the street, and is commonly taken at all-night dance parties.

When you buy ecstasy, you are often getting drugs other than MDMA, including caffeine, ephedrine, amphetamine or LSD, which can make it lethal, according to the Centre for Addiction and Mental Health (CAMH).

There have been reports of clusters of overdoses and even deaths of young people from MDMA, but its long-term effects have been widely debated. A new study in Germany has found MDMA can indeed have lasting effects on brain function.

Researchers ran tests on 109 people in the study; some had taken no MDMA and some had taken as many as 60 pills in the previous year.

The 23 volunteers who

had used more than 10 pills of MDMA did significantly worse on tests of visual memory and learning than those who didn't take this recreational drug.

Researchers made sure that the differences in brain function couldn't be explained by age, intelligence, medical history, nutrition, sleep quality or whether subjects were users of cannabis, alcohol and cigarettes.

"Our findings may raise concerns with regard to MDMA use, even in recreational amounts over a relatively short time period," noted the authors.

The study is being published in the *Journal of Addiction Medicine*.

## Up and Down

### UP

#### Paddleboarding

That's what the cool celebs, including *Twilight*'s Ashley Greene, have been up to this summer. Stand on an oversized surfboard and use your arms to power your way through the water with the help of a paddle. It's tough work, and if you keep at it, you'll end up with a toned upper body and thighs of steel. Want to bring things up a notch? Try Paddleboard Yoga...



### DOWN

#### Arrogant people

Researchers at UC Berkeley found that overconfidence, the belief that you are more physically talented, socially adept, and skilled at your job than you really are, is influenced by social status. Professor Cameron Anderson, co-author of the study, explains that those who believe they are better than others tend to be given a higher place in the social ladder. But thinking you're the best isn't always a good thing. In fact, the study shows that it can negatively affect both performance and decision-making. So pipe down.

**Rejuvenate your tired, aching legs!**

**VARICOSE VEINS**  
Painful veins on your legs?  
Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

**SPIDER VEINS**  
Spider veins on your legs or face?  
Get rid of them with simple injections.

**Dr. Lucie Beaupré**  
American Board of Phlebology Certified

**OTTAWA**  
1335 Carling Ave.  
Suite 600  
(613) 722-0101

**GATINEAU**  
500 Boulevard de L'Hôpital  
Suite 102  
(819) 561-0561

**DR. BEAUPRÉ VEIN/VARICES CLINIQUE**  
[www.drbeaupreveinclinic.com](http://www.drbeaupreveinclinic.com)

*Talk to your family*

**Organ and tissue donation saves lives.**

As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

*Adrienne, a grateful sister*

**Read the rest of the story at**  
[www.kidney.ca/register](http://www.kidney.ca/register)  
**Register today. Find out how.**

**THE KIDNEY FOUNDATION OF CANADA**  
The foundation of kidney care.



# Finally, a healthy version of Shrimp Fried Rice



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN  
for more, visit  
rosereisman.com

Fried rice in Asian restaurants is often made with lard or excess oil, adding enormous amounts of calories and fat.

I use a stock-based sauce that only uses a tablespoon of sesame oil. Also, instead of traditional green peas, I use edamame. That brings the calories per serving to 309 and the total fat to 5.4 grams.

1. Sauce: Whisk chicken stock, soy sauce, sesame oil and chili sauce in a small bowl. Set aside.
2. Add rice to stock and bring to a boil. Reduce heat to low, cover and simmer 10 minutes. Remove from heat and let sit for 10 minutes, covered.
3. Lightly coat large skillet or wok with cooking spray, add oil and set over medium-high heat. Add onion and sauté 5 minutes or until softened. Add garlic and ginger and sauté 1 more minute. Add

shrimp and edamame and sauté 3 minutes or until the shrimp just turns pink. Stir in the carrots and green onions.

4. Add cooked rice to shrimp mix. Add sauce and stir-fry 2 minutes, or until everything is warmed through and rice is coated with sauce. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

## Ingredients

### Sauce

- 1/3 cup chicken stock
- 3 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 tsp hot chili sauce

### Rice

- 1 1/2 cups white rice
- 1 1/2 cups chicken stock
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp each finely chopped garlic and ginger
- 4 oz raw shrimp, peeled, deveined and diced
- 1 cup frozen shelled edamame
- 1/2 cup each grated carrots and chopped green onions

## Health Solutions

### Cereal killer



NUTRI-BITES  
Theresa Albert, DHN, RNCP  
myfriendinfood.com

Say "fibre" and everyone thinks "bran," but there is a world beyond wheat that may be even better for you.

One of the key nutrients required for, ahem, regularity is magnesium and magnesium can be bound by wheat bran rendering it inabsorbable.

So over the long haul, you want to vary the source of bulking substance like wheat bran (insoluble fibre) and add cholesterol lowering, blood sugar regulating soluble fibre from other sources. (And I will try to keep this clean...promise.)

## Insoluble Fibre Sources

1. Kidney and Lima Beans, Lentils and Dried Peas  
Kidney and lima beans as well as lentils and dried peas are fabulous



sources of soluble fibre. Find a way to work them into your soup, rice or entrée daily.

## 2. Psyllium Husk

Psyllium husk is found in some breakfast cereals but also as a powdered supplement that can be added to just about anything.

## 3. Barley

Barley is a fabulous alternative to rice. Cooked in stock and stirred with grated Parmesan cheese, it is almost risotto-like. Tossed into salads and soups it adds texture and flavour.

What insoluble fibre does is pull water into the bowel to form an easy to pass gel. This prolongs stomach emptying time to slow down digestion of sugars and helps capture and remove bad fats. Easy, peasy...get it?

Theresa Albert is an author and nutritionist in Toronto. She is @THERESAALBERT on Twitter and found daily at myfriendinfood.com

## Thai Barley Salad. Seasonings spice up this easy summer side dish



1. In saucepan, bring 625 ml (2 1/2 cups) lightly salted water to boil. Meanwhile, rinse barley; add to boiling water. Cover and simmer until tender but still slightly chewy, about 25 minutes. Drain and rinse under cold water. Drain well, then place in bowl.

2. In bowl, whisk lime juice, vinegar, chili garlic sauce, fish sauce, sugar and salt until sugar is dissolved. Whisk in oil.

3. Cut peaches and red pepper into 2-cm (3/4-inch) pieces. Add to barley along with green onions, spinach, bean sprouts and mint. Drizzle with dressing. Toss to combine. THE CANADIAN PRESS/FOODLAND ONTARIO

## Ingredients

- 175 ml (3/4 cup) pearl barley
- 30 ml (2 tbsp) each lime juice and unseasoned rice vinegar
- 15 ml (1 tbsp) hot Asian chili garlic sauce
- 7 ml (1 1/2 tsp) each fish sauce and granulated sugar
- 2 ml (1/2 tsp) salt
- 30 ml (2 tbsp) vegetable oil
- 2 locally grown peaches
- 1 sweet red pepper
- 2 green onions, thinly sliced
- 500 ml (2 cups) baby spinach
- 250 ml (1 cup) bean sprouts
- 50 ml (1/4 cup) chopped fresh mint

# Flavour gets all rolled up: Pork and Cashew Rice Paper Rolls

For something a bit different, try these Pork and Cashew Rolls, which use rice paper. Rice paper is used for making fresh summer rolls (salad rolls) or fried spring rolls in Vietnamese cuisine. It offers a great contrast texture to the ingredients that are rolled up in it.

1. Slice pork tenderloin in half lengthwise, cut halves into thin strips. Heat oil in large skillet over medium-high heat; cook pork until browned, about 10 minutes.

2. Add 1/2 cup (125 ml) of the garlic rib sauce. Cook for another 5 minutes until sauce glazes the meat, set aside.

## Ingredients

- 500 g (1 lb) pork tenderloin
- 15 ml (1 tbsp) vegetable oil
- 250 ml (1 cup) VH Medium Garlic Rib Sauce
- 10 rice papers (or as many as needed)
- 10 lettuce leaves, a tender variety such as red or green leaf, Bibb or Boston
- 125 g (4 1/2 oz) thin rice

3. Place one sheet of rice paper in large bowl of warm water to soften, about 1 minute. Carefully remove paper and lay on work surface. In the bottom third of paper, place small piece of lettuce, top with small pile of noodles (about 2 tbsp/30 ml). Top noodles with fillings, being careful not to overstuff or the paper will tear.

4. Fold the bottom of paper over top of fillings and begin to roll into a cylinder. Fold sides in and continue rolling to enclose. Once all the rolls are finished slice in half; serve with remaining 1/2 cup (125 ml) of the garlic rib sauce for dipping.

NEWS CANADA/VHSAUCES.COM

- 500 g (1 lb) pork tenderloin
- 15 ml (1 tbsp) vegetable oil
- 250 ml (1 cup) VH Medium Garlic Rib Sauce
- 10 rice papers (or as many as needed)
- 10 lettuce leaves, a tender variety such as red or green leaf, Bibb or Boston
- 125 g (4 1/2 oz) thin rice



This recipe serves four. NEWS CANADA



# 'Intervention meets Sex and the City'

**Reality TV.** Reformed 'other woman' offers plenty of advice in *The Mistress*, which premieres Wednesday

MELISSA REBER  
For Metro

If you're caught in a love triangle with a married man, Sarah Symonds has some advice for you: "Get out! Don't walk, run! He will never leave his wife for you."

Sarah would know; she calls herself the reformed "other woman" after a string of affairs (including ones with chef Gordon Ramsay and Jeffrey Archer) left her heartbroken and alone.

She wrote the book *Having an Affair? A Handbook For The Other Woman*, which stirred up major media interest on the controversial subject. Now she has teamed up with Great Pacific Media to produce a reality show called *The Mistress*, where she will work with women stuck in these dysfunctional relation-

ships to help set them on the right path. The show premieres Wednesday at 8 p.m. ET on Slice.

**What was it that attracted you to the lifestyle of 'the other woman'? What made you finally stop?**

At the time I started I was in my late 20s, I was mixing in a high octane PR world. I didn't have the filter to say no. Most of the men I dated were unavailable or married, although sometimes I didn't know that at first. In 2006 I had my heart broken beyond words and that's what made me sit down and write my book. Then when the Gordon Ramsay scandal broke, I didn't want to be that girl in the tabloids and have my parents see that. I wanted to be done with it.

**Have you ever been confronted by one of the wives (any fights)?**

No physical fights, but I've called both the wives of the men I really loved. It was not out of malice, it was out of pain, but the reaction I got when I called the wives... they were so matter of fact, and there I was bawling my eyes out. They just said, 'OK, I'll

have a talk with him when he gets home.'

It was unbelievable. There are some altercations on the show, but it's not about that and it's not about exposing him (the man). It's a raw subject and I'm trying to get them out of this toxic relationship, and when that happens there are going to be confrontations.

**What are the top three signs that your partner might be cheating/has a mistress?**



1. If he's suddenly mysterious about his cellphone, if he doesn't want you to see his missed calls or text or he goes into the washroom to use his cellphone — wake up! Who does that? He's probably hiding something.

2. If he says he needs alone time or is willing to run around doing any errands he normally wouldn't.

Remember that the "other woman" is always asking to see him so to keep her happy he'll have to find excuses to get out of the

house.

3. If he suddenly offers to do his own laundry — what man does that? He might be trying to make sure you don't see any stains on his shirt or a fancy restaurant receipt he left in his pocket.

You've got instincts, use them! If you think something is wrong, investigate it. Having said all that, don't be paranoid, but don't be stupid. Be real.

**Advice for the wives?**

Wives need to wake up! After you get married you have to still be the woman he married. This might be harsh, but if you're not sleeping with your husband someone else is. But I don't place the blame only on the wife or on the husband; there is blame on both sides. Men — go home and talk to your wife. If it's not working out then end it. It's called wedlock not deadlock!

**What's the difference between mistresses around the world?**

I hear from women every-

Sarah Symonds

where. Just last week I got emails from women in Manila (Philippines), India, Australia... and it's all textbook details; same situation, different location.

**Tell me a bit about the show. What should viewers expect?**

It's a mix of *Intervention* meets *Sex and the City*. It has a redemption edge to it, but it's a wake-up call for mistresses. My work is over five days with them and I want to get them to realize they are worth more and to move on. Each story is so different... different ages, colours, circumstances.

This show is myth busting. You typically think of the busty blond being the mistress, but on the show what we see is so far from that stereotype. It'll blow your mind.

It took a Canadian company to believe in me, so bravo to Canada for taking a chance.

People are interested and searching for this info. And who knew there was so much infidelity here (laughs).

We've already done 14 episodes and women keep knocking on my door wanting to be involved in the show!



## Formation linguistique axée sur les professions



**SESSIONS D'INFORMATION**  
AU LOCAL 62180

**SANTÉ**  
LE 5 SEPTEMBRE 13H30 ET  
LE 11 SEPTEMBRE 14H00

**ÉDUCATION À LA PETITE ENFANCE**  
5 SEPTEMBRE 13H30 ET  
LE 11 SEPTEMBRE 14H00

### FORMATIONS GRATUITES AFIN DE VOUS AIDER À DÉCROCHER OU À AMÉLIORER VOTRE EMPLOI

Vous êtes nouvel arrivant, vous recherchez des résultats concrets, un perfectionnement ciblé dans les domaines de la santé, de l'éducation à la petite enfance ou de l'hospitalité-restauration / tourisme.

Informez-vous dès maintenant en composant le 613 742-2475 | flap@lacitec.on.ca

Ce projet est rendu possible par le financement de :



Citizenship and Immigration Canada



Citoyenneté et Immigration Canada

**la cité collégiale**  
Le Collège des meilleures pratiques

## Advice

## Talking about expensive wedding gifts



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

**My boyfriend and I have been together for more than 15 years, and he is from a large family, with more than 20 nieces and nephews, most of whom are now in their early-to-late 20s. When these nieces and nephews start to get married, we will have to attend their weddings and buy a gift. Isn't the usual gift amount about \$75 to \$100/person attending? My boyfriend hasn't worked in years and we live in a small one-bedroom rented apartment, which I pay for. And since my boyfriend doesn't have any money, I will be paying for these gifts. This has already happened over the years. I don't want to be forced to pay for an expensive gift for his family. The suggestion of not attending any of the weddings could be awkward, but that's a lot of**



You should never put yourself in debt when giving a gift. iStock

**weddings to attend and pay for gifts, or to avoid. Can you please advise your suggestion on this situation? Thank you, Not Cheap but Poor**

Dear Not Cheap but Poor,

I am a very firm believer that you should never put yourself into debt when giving a present, and it is wrong for anyone to expect this of you. I would think that the rest of the family would have the same predicament.

So the first thing that

comes to mind is that perhaps the family would consider a "common family gift" that everyone can put what they can afford in a jar and with that money you buy one present (or the total sum of monies collected) on behalf of the entire family, or at least the contributors.

Thus if you can afford \$10, \$20 or more, that is your contribution, however, everyone only puts in what they can, and everyone signs the card equally. Good luck, and please let us know what happens.



# Ready, set, head for the border!

**Alison's Money Rule.** Keep travel and accommodation costs low to save big on cross-border shopping



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Desperately seeking last minute back to school deals? Go south.

Call me unpatriotic and a Canadian business killer, but financially stressed families can't be faulted for wanting to save money by taking advantage of cheaper prices.

New customs rules and a strong loonie provide good reasons to head into the US for all those must have school clothes, electronics and other goodies.

But if you go be prepared for long waits during peak times this weekend as the 50 million visits annually by Canadians to the U.S. is the highest in two decades.

Higher limits on what we can bring back to Canada went into effect in June, which will only boost that visitor number.

For stays of 24 hours the import limit is \$200, up from \$50, and a flat \$800 if you stay more than 48 hours, up from \$400 for two



There are plenty of good reasons to cross the border for your shopping needs. ISTOCK IMAGES

day visits and \$750 for a week or more.

According to the most recent BMO Capital Markets cross border shopping report, some of the best deals south of 49 are the kinds of things kids need/want for school. For example, running shoes are 37 per cent cheaper in the States, those adorable Pottery Barn Kids backpacks cost 26 per cent less and you'll save 19 per cent on kids' Gap T-shirts.

A basket of U.S. goods including diapers, BBQs, iPods, golf balls and small appliances produces a sav-

ings of 14 per cent.

However, don't just focus on prices.

Factor in the cost of gas, meals, hotel as well as duty and GST and HST if you go over limit — which is very easy to do.

Group trips — mini-van anyone? — will certainly save on gas and using loyalty points for hotels is another good strategy.

Don't forget to take the exchange rate into account. Though the posted rate may show the loonie at par or better, when you buy greenbacks it will cost you three

## In numbers

# 2.7

The number of Canadian visits to the U.S. for every one American trip to Canada.

to four cents more.

And if you use your credit or debit card there will be an exchange rate differential plus (usually) a 2.5 per cent transaction fee.

**YOU CAN CHECK OUT BORDER WAIT TIMES AT APPS.CBP.GOV/BWT/INDEX.ASP, CBSA-ASFC.GC.CA/BWT-TAF/MENU-ENG.HTML.**

## Affordable travel

### When loyalty doesn't pay off



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

I had my frugal butt kicked last week as I planned an affordable last minute trip to Europe. In light of the Eurozone debt crises, some of the most inexpensive international holidays at the moment are European vacations.

I had the right idea on how to save money — wait until after the Olympics, be semi-flexible on the location, try to snag a last minute travel special and use loyalty points for flights, rail and hotels.

But, when it came time to redeem my travel rewards, I couldn't use a single point towards any part of the trip.

My first error was waiting too long to book; my second error was trying to book a seat sale on flights through my VISA points — which I have done on previous occasions.

But because I didn't leave enough time in advance, according to VISA's policy, the cheap flights were not available nor eligible for point redemption.

A July 2012 American Express survey revealed that approximately 19 per cent of North Americans use loyalty points for travel throughout the summer months; hence the limited availability.

The next eye-opener for me was learning the true cost of trying to use loyalty rewards semi-last-minute;

the amount of points it takes to purchase a ticket can be triple the normal amount. No thanks! That's a bad deal!

That's when I decided to book my seat sale without using points and instead I paid with cash.

Thankfully, with a strong Canadian dollar, off-season pricing and switching to a local airline from London, the price tag was 50 per cent less than if I were to have planned travelling mid-summer.

Post purchase, I learned through Google research that the greatest value travel point collectors receive is when they use their points for business or first class tickets.

Thus, I tried one last time to use my points for an upgrade to business class for the long-haul portion of the trip.

NO-GO.

Because I'd booked seats on sale my 'cheap seats' weren't eligible for upgrades ... on any segment of the trip.

I still believe in collecting points because I love free things.

But, my unpleasant experience has taught me that to maximize the greatest value from a loyalty program, book well in advance.

I'd also recommend avoiding rewards programs you don't plan to redeem within a short time frame (five years or less).

This is because the longer you wait, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

Follow Lesley on Twitter @LesleyScorgie



The new catalogue is here.



© Inter IKEA Systems B.V. 2012.

## INCOME TAX COURSE

**Flexible hours. We're hiring.**

**Curriculum** — During the 14-week course, students study the basics of income tax preparation including current laws, theory and application.

**Successful students** receive an H&R Block certificate of accomplishment and the opportunity to interview for employment with H&R Block.

**H&R Block knows taxes** and how to teach them. Our instructors are expertly trained and are experienced Block personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation forms and schedules.

**Classes begin mid-Sept.** Choose between morning, afternoon and evening sessions. Applicants need only the willingness to learn about taxes.

Enrollment restrictions may apply. Enrollment in, or completion of, the H&R Block Tax Training School is neither an offer nor guarantee of employment. © 2011 H&R Block Canada, Inc.

**The tuition cost** covers the complete course, including textbooks, all materials, reference guides and registration.

**Full details are as close as your phone.** Just call for complete details on class locations, starting dates, tuition, etc.

**Tax Training School begins September 15**

Register online at [hrblock.ca](http://hrblock.ca) or call 1-877-32BLOCK (322-5625) for details.

**H&R BLOCK®**

# Triano looking for big Canadian commitment

**Basketball.** Eyeing Olympic berth in Rio, national team coach expects four-year pact from his players

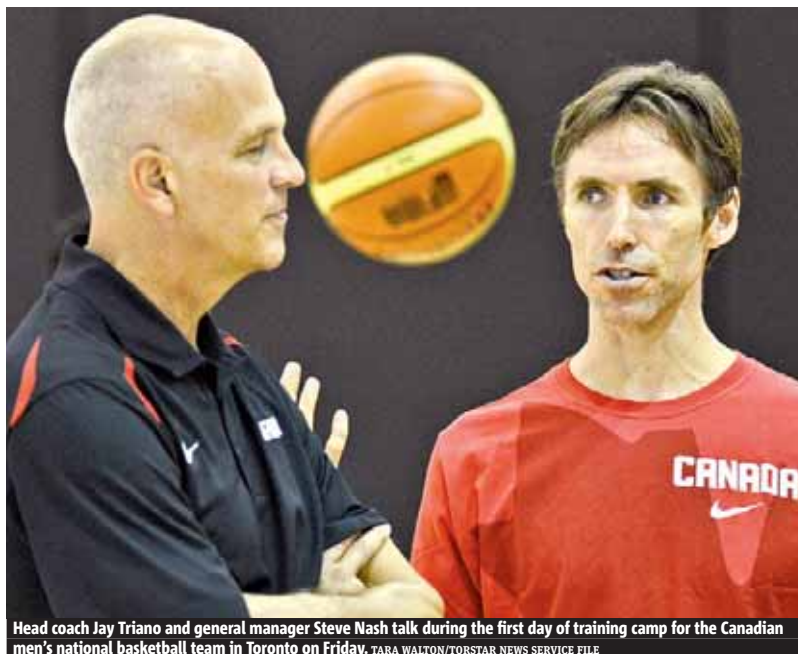
Jay Triano has witnessed firsthand how the United States men's basketball team changed from underachievers to back-to-back Olympic champions.

He believes the same approach will lead Canada to its first Olympic berth since 2000, and he expects his players to buy in for the long haul.

Just two weeks after the London Olympics closed, Triano and his coaching staff were putting a promising roster of players through shooting drills Monday at the end of a five-day training camp designed to prepare Canada for the 2016 Rio de Janeiro Games.

Triano, just days into his second stint as national team head coach, expects players at the camp to commit to the national team for four years, saying the long-term pledge is essential to getting Canada back on basketball's world stage. Triano was an assistant coach on the U.S. national team when it went from an underachieving group that settled for an Olympic bronze medal in 2004 to a cohesive powerhouse.

"I think gone are the days when you can throw 12 players out there and expect to compete, and I think my time with



Head coach Jay Triano and general manager Steve Nash talk during the first day of training camp for the Canadian men's national basketball team in Toronto on Friday. TARA WALTON/TORSTAR NEWS SERVICE FILE

the United States team showed that," Triano said. "Jerry Colangelo asked those players for a three-year commitment. When they did that and the players became committed, that's when they became successful and won back-to-back gold medals."

Canada hasn't always been able to field its best possible team in Olympic competition. Star guard Steve Nash, now the team's general manager, stopped playing for Canada

after it failed to qualify for the 2004 Olympics and focused on his NBA career. Centre Jamaal Magloire, who has been working with the big men at the camp, opted not to play during the height of his career. Centre Samuel Dalembert was dismissed from the team after a rift with former coach Leo Rautins.

"If we're going to be successful, guys are going to commit," Triano said. "The fact that they're here working as hard as they are right now speaks volumes to their commitment. We're going to have to decide as a staff which players we want to move forward and be part of our commitment to the program."

In order to build for Rio, Nash and Triano hope to involve young players early and

## Bringing the best

It appears Canada may have turned a corner as far as getting its best players out.

- NBA regulars Joel Anthony and Tristan Thompson were among those taking part, along with up-and-comers Kris Joseph, Cory Joseph and Andrew Nicholson.
- Recent Los Angeles Lakers draft pick Robert Sacre was at the camp in Toronto along with former Gonzaga teammates Kevin Pangos and Kelly Olynyk.

get them used to spending their summers working with the national team. **THE CANADIAN PRESS**

## Tennis. Wozniak breezes into Round 2 at U.S. Open

A two-hour rain delay at the U.S. Open didn't throw Canada's Aleksandra Wozniak off her game.

Wozniak reached the second round of the Grand Slam with a 6-0, 6-3 win over Romania's Alexandra Cadantu on Monday.

The 48th-ranked Wozniak, a quarter-finalist last week in a Dallas tune-up event, needed little more than an hour to advance after losing four of her last five opening matches at Flushing Meadows.

The native of Blainville, Que., made it to the third round in 2009.

"Overall, it was the first solid match for me here," Wozniak said.

"She started putting more balls in during the second set. I'm glad I stayed on top of her and won this one. It was nice that it went so fast after the long rain delay."

Wozniak will next play good friend Lucie Safarova, who beat American Melanie Oudin 6-4, 6-0.

**THE CANADIAN PRESS**



Aleksandra Wozniak plays a backhand during Monday's match against Alexandra Cadantu in New York. GETTY IMAGES

## Mobile sports



The party appears to be over for Dallas receiver Dez Bryant after a tumultuous summer. According to numerous reports, the Cowboys have set guidelines for Bryant to attend weekly counselling sessions, have a full-time security team and not be allowed to consume alcohol or attend strip clubs. Scan the code for the story.

## Quoted

"I'm definitely committed. I have a lot to learn from these guys.... Being able to learn from them from now until it's time to play in the Olympics, I think I'll be ready by then."

Top prospect Tyler Ennis, who flew in from an elite high school basketball showcase in Los Angeles to take part on the last day of the camp



REGISTRATION: ONLINE ONLY  
[www.ottawasportplus.com](http://www.ottawasportplus.com)

For more information:  
613-220-2266

**Adult Co-Ed Volleyball & Dodgeball Leagues**  
RECREATIONAL TO COMPETITIVE LEVELS

LEAGUES START LATE SEPTEMBER 2012 AND RUN THROUGH TO APRIL 2013  
CHOOSE FROM MONDAY TO THURSDAY NIGHT PLAY  
JOIN AS A TEAM OR INDIVIDUAL





MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	74	53	.583	—
Tampa Bay	70	57	.551	4
Baltimore	69	57	.548	4½
Boston	62	67	.481	13
Toronto	56	70	.444	17½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	71	55	.563	—
Detroit	69	58	.543	2½
Kansas City	56	71	.441	15½
Cleveland	55	72	.433	16½
Minnesota	52	75	.409	19½

WEST DIVISION

	W	L	Pct	GB
Texas	75	52	.591	—
Oakland	69	57	.548	5½
Los Angeles	66	62	.516	9½
Seattle	61	67	.477	14½

Sunday's Games

Detroit 5, L.A. Angels 2

N.Y. Yankees 4, Cleveland 2

Boston 8, Kansas City 6

Toronto at Baltimore, ppd., rain

Chicago White Sox 4, Seattle 3, 7 innings

Minnesota 6, Texas 5

Monday's Games

Boston 5, Kansas City 1

Chicago White Sox at Baltimore

Oakland at Cleveland

Toronto at N.Y. Yankees

Tampa Bay at Texas

Seattle at Minnesota

Tuesday's Games

Chicago White Sox (Sale 15-4) at Baltimore (Tillman 6-2), 7:05 p.m.

Oakland (Milone 10-9) at Cleveland (McAllister 5-4), 7:05 p.m.

Toronto (R.Romero 8-11) at N.Y. Yankees (P.Hughes 12-11), 7:05 p.m.

Tampa Bay (Shields 12-7) at Texas (Darvish 12-9), 8:05 p.m.

Detroit (Verlander 12-7) at Kansas City (Mendoza 7-9), 8:10 p.m.

Seattle (Iwakuma 4-3) at Minnesota (Diamond 10-5), 8:10 p.m.

Boston (Buchholz 11-4) at L.A. Angels (Weaver 16-3), 10:05 p.m.

ALL TIMES EDT

EAST DIVISION				
	W	L	Pct	GB
Washington	77	50	.606	—
Atlanta	73	55	.570	4½
Philadelphia	61	67	.477	16½
New York	59	69	.461	18½
Miami	58	71	.450	20

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	77	52	.597	—
St. Louis	70	57	.551	6
Pittsburgh	68	59	.535	8
Milwaukee	59	67	.468	16½
Chicago	49	77	.389	26½
Houston	40	88	.313	36½

WEST DIVISION

	W	L	Pct	GB
San Francisco	71	57	.555	—
Los Angeles	69	59	.539	2
Arizona	64	64	.500	7
San Diego	59	70	.457	12½
Colorado	51	75	.405	19

Sunday's Games

N.Y. Mets 2, Houston 1

St. Louis 8, Cincinnati 2

Milwaukee 7, Pittsburgh 0

Philadelphia 4, Washington 1

Chicago Cubs 5, Colorado 0, 8 innings

Miami 6, L.A. Dodgers 2

San Diego 5, Arizona 4

Atlanta 7, San Francisco 1

Monday's Games

St. Louis at Pittsburgh

Milwaukee at Chicago Cubs

L.A. Dodgers at Colorado

Cincinnati at Arizona

Atlanta at San Diego

Tuesday's Games

N.Y. Mets (C.Young 3-7) at Philadelphia (Worley 6-9), 7:05 p.m.

St. Louis (Westbrook 13-9) at Pittsburgh (J.McDonald 11-6), 7:05 p.m.

Washington (Strasburg 15-5) at Miami (Nolesko 9-12), 7:10 p.m.

Milwaukee (Gallardo 13-8) at Chicago Cubs (T.Wood 4-10), 8:05 p.m.

San Francisco (M.Cain 13-5) at Houston (B.Norris 5-11), 8:05 p.m.

L.A. Dodgers (Capuano 11-9) at Colorado (Chatwood 3-3), 8:40 p.m.

Cincinnati (Cueto 16-6) at Arizona (Miley 14-8), 9:40 p.m.

Atlanta (Medlen 5-1) at San Diego (Werner 1-0), 10:05 p.m.

AL LEADERS

	G	AB	R	H	BA
Izturis, LAA	4	13	3	7	.538
Ciriaco, BOS	6	28	8	13	.464
Konerko, CHW	6	22	2	10	.455
Podsednik, BOS	6	25	3	11	.440
Beltre, TEX	7	30	7	13	.433
Iannetta, LAA	5	21	1	9	.429
Swisher, NYY	6	21	4	9	.429
Hardy, BAL	4	17	4	7	.412
Kinsler, TEX	7	27	7	11	.407
Kendrick, LAA	6	25	4	10	.400

RUNS- Trout, Los Angeles, 100; Kinsler, Texas, 89; MiCabrera, Detroit, 83; Hamilton, Texas, 83; Granderson, New York, 82; Jeter, New York, 81; AJackson, Detroit, 79.

RBI- Hamilton, Texas, 111; MiCabrera, Detroit, 106; Willingham, Minnesota, 92; Fielder, Detroit, 91; Encarnacion, Toronto, 88; ADunn, Chicago, 87; AdGonzalez, Boston, 86; Pujols,

TENNIS

U.S. OPEN

New York Singles Men

First Round

Kei Nishikori (17), Japan, def. Guido Andreozzi, Argentina, 6-1, 6-2, 6-4.

James Blake, United States, def. Lukas Lacko, Slovakia, 7-5, 6-2, 3-6, 6-3.

Women

First Round

Anna Tatishvili, Georgia, def. Stephanie Foretz Gacou, France, 6-2, 6-0.

Sam Stosur (7), Australia, def. Petra Martic, Croatia, 6-1, 6-1.

Casey Dellacqua, Australia, def. Lesia Tsurenko, Ukraine, 6-2, 6-3.

Lucie Hradecka, Czech Republic, def. Anabel Medina Garrigues (27), Spain, 6-3, 6-3.

Marion Bartoli (11), France, def. Jamie Hampton, United States, 6-3, 7-6 (5).

Li Na (9), China, def. Heather Watson, Britain, 6-2, 6-3.

Kristyna Pliskova, Czech Republic, def. Julia Goerges (18), Germany, 7-6 (4), 6-1.

Nadia Petrova (19), Russia, def. Jarmila Gajdosova, Australia, 6-3, 7-6 (3).

Sorana Cirstea, Romania, def. Sabine Lisicki (16), Germany, 4-6, 6-2, 6-2.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	26	14	7	5	32	23	47
New York	26	13	7	6	44	37	45
Houston	26	11	6	9	38	30	42
Chicago	25	12	8	5	32	30	41
D.C. United	25	12	9	4	41	35	40
Montreal	28	12	13	3	42	44	39
Columbus	24	10	8	6	29	28	36
Philadelphia	23	7	12	4	24	28	25
New England	26	5	14	5	30	35	23
Toronto	26	5	15	6	29	46	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	26	15	6	5	52	33	50
Seattle	25	12	6	7	40	26	43
Real Salt Lake	27	13	10	4	37	32	43
Los Angeles	27	12	11	4	46	40	40
Vancouver	27	10	10	7	29	35	37
Dallas	28	8	12	8	33	37	32
Chivas USA	23	7	10	6	17	32	27
Colorado	26	8	16	2	33	40	26
Portland	25	6	13	6	26	43	24

Note: 3 points for a win, 1 for a tie.

Sunday's results

Los Angeles 2 Dallas 0

New York 1 Kansas City 1

Wednesday's games

Chivas USA at New England, 8 p.m.

Columbus at Philadelphia, 8 p.m.

New York at D.C. United, 8 p.m.

Friday's games

Colorado at Portland, 10:30 p.m.

Saturday, Sept. 1

Philadelphia at New England, 7:30 p.m.

Montreal at Columbus, 7:30 p.m.

Toronto at Kansas City, 8:30 p.m.

D.C. United at Real Salt Lake, 9 p.m.

Vancouver at Los Angeles, 10 p.m.

Sunday, Sept. 2

Houston at Chicago, 7 p.m.

Seattle at Dallas, 7 p.m.

Chivas USA at San Jose, 9 p.m.

SUNDAY

BLUE JAYS TEAM STATISTICS

BATTERS

	AB	R	H	HR	RBI	AVG
Cooper	140	16	42	4	11	.300
Encarnacion	444	78	130	34	88	.293
Sierra	60	5	17	2	5	.283
Lawrie	397	59	112	9	40	.282
Davis	321	50	81	6	34	.252
Escobar	451	51	111	7	39	.246
Arenchibia	281	36	68	16	50	.242
Bautista	332	64	80	27	65	.241
Torrealba	164	17	39	3	12	.238
Rasmus	453	57	105	20	66	.232
McCoy	35	6	8	1	6	.229
Lind	198	17	45	8	27	.227
Johnson	427	52	95	14	47	.222
Vizquel	127	11	28	0	3	.220
Mathis	17	22	37	8	22	.216
Hechavarria	39	1	7	0	2	.179

PITCHERS

	W	L	SV	IP	SO	ERA
Mathis	0	0	0	2.0	0	9.00
Oliver	2	2	2	44.1	42	1.83
Lyon	1	0	0	13.1	22	2.03
Loup	0	2	0	20.1	14	2.21
Janssen	1	1	16	48.2	50	2.22
Morrow	7	5	0	82.1	74	3.06
Villanueva	6	4	0	92.2	94	3.30
Perez	2	2	0	42.0	39	3.43
Fraser	1	1	0	36.0	45	4.00
Delebar	3	1	0	49.1	68	4.01
Happ	2	1	0	30.1	31	4.15
Jenkins	0	1	0	12.0	5	4.50
Laffey	3	5	0	73.0	39	4.56
Hutchison	5	3	0	58.2	49	4.60
Drabek	4	7	0	71.1	47	4.67
Alvarez	7	11	0	104.7	56	4.84
Lincoln	0	0	0	13.1	10	5.40
Romero	8	11	0	105.0	104	5.63
Santos	0	1	2	5.0	4	9.00
Coello	0	1	0	6.1	11	12.79

FOOTBALL

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	8	5	3	0	233	242	10
Toronto	7	4	3	0	160	165	8
Hamilton	8	3	5	0	236	261	6
Winnipeg	8	2	6	0	176	244	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	8	6	2	0	202	141	12
Edmonton	7	4	3	0	164	134	8
Calgary	8	4	4	0	217	206	8
Saskatchewan	8	3	5	0	190	182	6

Monday's result

Edmonton at Toronto

Friday's game

Calgary at Edmonton, 9 p.m.

Saturday, Sept. 8

Hamilton at Toronto, 1 p.m.

Montreal at B.C., 4 p.m.

Sunday, Sept. 9

Saskatchewan at Winnipeg, 1 p.m.

NFL PRESEASON

Wednesday's games

Tampa Bay at Washington, 7 p.m.

New England at N.Y. Giants, 7 p.m.

Miami at Dallas, 8:30 p.m.

Thursday's games

Atlanta at Jacksonville, 6:30 p.m.

N.Y. Jets at Philadelphia, 6:35 p.m.

Minnesota at Houston, 7 p.m.

Baltimore at St. Louis, 7 p.m.

Kansas City at Green Bay, 7 p.m.

New Orleans at Tennessee, 7 p.m.

Cincinnati at Indianapolis, 7 p.m.

Buffalo at Detroit, 7 p.m.

Chicago at Cleveland, 7:30 p.m.

Carolina at Pittsburgh, 7:30 p.m.

Oakland at Seattle, 10 p.m.

San Diego at San Francisco, 10:05 p.m.

Denver at Arizona, 11 p.m.

© Inter IKEA Systems B.V. 2012.

# Big players in hockey talks set to meet

**NHL.** Collective bargaining negotiations resume today with only Bettman, Daly and Fehr brothers at the table

The battery of lawyers and sprawling negotiating committees are being relegated to the sidelines.

As the NHL's collective bargaining talks resume in New York on Tuesday, they'll do so with only four men at the table: NHL commissioner Gary

Bettman and his deputy, Bill Daly, on one side; NHL Players' Association executive director Donald Fehr and his top assistant, Steve Fehr, on the other.

"Both sides agree that this, at this point in time, might be a productive way for us to try and get some traction," Bettman said when negotiations broke down last week.

While the parties have met face to face every week since the end of June, they've made very little headway on the framework that will shape the next agreement. That prompted the first small session with just Bettman, Daly and the

## Divisive issue

The biggest issue holding up talks is finding agreement on how the league's revenues should be split up.

- Players received 57 per cent under the expiring CBA and the league wants to see that number reduced considerably.

Fehrs in Toronto last week, and led to the scheduling of another one with the talks shifting back to New York.

The sides are in need of anything that might encourage progress with a Sept. 15 deadline looming for a lockout.

The sides have looked like competing hockey teams at the conclusion of previous negotiating sessions, with the number of well-dressed attendees often unable to fit together in one elevator.

The gathering will be decidedly smaller on Tuesday as the leaders of the NHL and NHLPA try to push talks in a positive direction.

"Hopefully we'll be productive when we get to it," said Fehr. **THE CANADIAN PRESS**



Donald Fehr, executive director of the NHLPA, speaks with the media last Thursday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS FILE

## PERSONALS

### Companions Wanted

Classy Sexy Ebony Cutie with exotic features, enchanting smooth skin & a smile to die for! Last Week in Town! Layla 613-252-4423

### Personals

**Sexy Ebony Princess**  
Tiya  
Wild & Sweet  
Very Open Minded  
Tease & Please  
All of YOUR Needs!  
613-413-1925

**SEXY OTTAWA GENTLEMEN**  
dudees, plus much more, exotic men  
very open minded,  
to tease and please all your needs  
Welcome to Man and Woman  
please call 613-413-1925

**SEXY EUROPEAN EX-MODEL GONE WILD**  
21 yrs, 5'2/34c  
Where Fantasies Become Reality  
Avail. 24/7  
613-600-8410

## SERVICES

### Financial

95% Financing for Residential Mortgages  
www.GordDMortgageSolutions.com Gord  
Davis the Solution Man @ 1-855-831-4573  
2111572 Ontario Inc. License # 10525

### Need Ca\$h Today?

Loans up to \$10,000  
Bad Credit? No Problem.  
www.eazycash.ca  
613-699-0011  
Check Cashing, Car Title  
Loans, Money Transfers.

### Mortgages

### OWN A HOME?

Loaded with Debt? I can help! 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
Mortgages Re-Financing. Home Equity  
Loans. Debt Consolidation Loans. Bad  
Credit? Self-Employed? Bank said "No"?  
Fast approvals! Quick Closing!  
Steve Daigle: sdaigle@tmacc.com  
(613) 863-0649

### Legal

### FAMILY LAW ISSUES?

Get Help Now  
susan b. arlitt  
157 mcleod st

6 1 3 - 2 3 8 - 2 4 2 4

## MISCELLANEOUS

### Miscellaneous

**LOOK!**  
Advertise in this space  
for as low as  
\$10/day!!  
Call 1-800-527-6767

### Houses For Sale

**Gotta old couch you wanna get rid of?**

Place your ad in  
Metro classifieds  
metroclassifieds.ca  
1 800 527-6767

### Houses For Sale

## Attention Realtors!

Want to reach over 92,600 daily Metro News readers?  
Advertise your listings with Metro Classifieds.



2 Listings  
Starting as low as  
\$36 per day

Call 1-800-527-6767 to place your ad now!

Read  
metro work  
every Monday  
and Wednesday  
for tips and trends  
in education  
and employment.

Only in Metro.  
News worth sharing.

## Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

•1 white fridge 4 yrs old. \$150 OBO  
613-241-9317 ask for Lorraine  
•Wanted to Buy 2 or 4 all season tires  
size 195-60R15 (613) 231-7754 ask for Dan

12 Moving Blankets \$12 each  
Large Mirror 30" wide 68" high \$100  
please call Eric  
819-771-3578 noon to 11pm

**19 inch Tv apt size - \$70.00**  
**Double box spring & mattress - \$200**  
**613-560-5985**

2 phones good condition  
1 is digital and the other is old fashion  
rotary phone \$35 for both  
613-722-2756

2 wall units - \$100 for set • Birdcage - \$45 •  
Antique small marble table - \$250 • Antique  
oak dresser - \$75 • 2 wicker chairs - \$45 for set  
Call (613) 422-0350

3 seater chesterfield recliner  
grey/blue good condition  
\$250  
(613) 680-6687

4 Micheline Snow Tires on Mac Wheels  
from an Infinity.  
Like NEW! 245/45 R18 Paid \$2000  
ASKING \$995 613-831-8171

5 foot patiodliding patio door.  
Replacing with a newer style.  
in great condition Asking \$600  
Ask for Carol (613) 825-5227

Bescherelle 1, 2 and 3 (set), French Books -  
\$15 • New Poker Set - \$10  
Call (613) 733-2289

**Don't wait until Spring, Sell Your Stuff**  
Call: 1-800-527-6767  
Size 1.535" X .542", Limit 1/day, 2/wk

**Electric Wheelchair**  
very good condition  
\$1000 OBO  
(613) 422-6447

Free Spirit Recline Exercise Bicycle  
Excellent condition  
Cost \$350 ASKING \$75.00 OBO  
613-733-1980

**FUR COATS** - 1 long mink fur coat. Good  
condition. Size 12-14. 2 Persian lamb 3/4  
length black coat. Size 16. \$400 for both.  
**613-722-2756**

Heroes DVD Seasons 1, 2 & 3  
\$20  
Call (613) 733-2289

Limited spaces avail. Get yours today!  
Call: 1-800-527-6767  
Size 1.535" X .542", Limit 1/day, 2/wk

**Maytag Portable Dishwasher**  
Asking \$100.  
**613-523-4299**

Nice wood dining room table with two leaf  
extensions and 5 matching chairs.  
\$350 OBO.  
Email robinhughes86@hotmail.com

Peavey 'Century' base amp with 200watt  
head and with 14" 4 'force' speaker bottom  
\$150 please call Eric  
819-771-3578 noon to 11pm

Sanyo Fridge  
181/2 x 32 x 18 x 181/2, 5.6 cubic ft  
Asking \$75.00  
613-830-3838

Set of wedding rings for her \$175.00  
Wedding band for him \$95.00  
Wedding Dress size 10/12 call for details.  
Paid \$1750 Asking \$350 (819) 598-5235

Step Ladders For Sale  
12 ft industrial fiberglass  
10 ft aluminum, 8 ft aluminum  
Price Negotiable **613-435-4540**

**Sunbeam Breadmaker**  
Almost new \$60  
Call (613) 560-5985

US Stamps woth original postal marks  
from 1960's  
Each stamp \$1.50  
613-565-2974

winter tires  
4 michelin X-ICE 205/65 R15  
(no rims) 90% tread left  
Asking \$280 (613) 237-3830



## Horoscopes

### Aries

March 21 - April 20

Good intentions are not enough — you must live up to your ideals. Make it your aim today to treat everyone you meet, even strangers, in the same way as you treat those you love beyond question.

### Taurus

April 21 - May 21

There may be times when it seems as if you are losing control of everything in your life but it's not true, so steer clear of self-pity. Actually, things are progressing quite well for you at the moment.

### Gemini

May 22 - June 21

You may be tempted to try something outrageous today, something you believe will convince the doubters that you have what it takes. But what if it goes wrong? By all means, be bold but don't abandon common sense.

### Cancer

June 22 - July 23

With the travel area of your chart heavily emphasized, being on the move will be a lot of fun. But be aware that it will also have its dangers. Delays are going to happen whether you like it or not, so don't get angry.

### Leo

July 24 - Aug. 23

Just because someone occupies a position of authority does not mean you can trust what they say. With communications planet Mercury under negative influences, a lot of what you hear is probably nonsense.

### Virgo

Aug. 24 - Sept. 23

Knowledge is power and the more you know about what others are up to, the better placed you will be to get something out of it. Are we talking blackmail here? Of course not, perish the thought!

### Libra

Sept. 24 - Oct. 23

Take what even your friends tell you with a grain of salt. They may not lie to you on purpose but they are a bit confused about what's going on. You don't need advice. Your conscience will guide you.

### Scorpio

Oct. 24 - Nov. 22

Focus only on things you understand. If you drift into areas where your knowledge is limited, you may fall foul of people who like to prey on trusting types like you. Be cautious. You don't have to prove yourself.

### Sagittarius

Nov. 23 - Dec. 21

Do not — repeat, not — sweep important topics under the rug. If you ignore them now, they will come back bigger and tougher to deal with later on. Don't worry about being unpopular. You've got issues to resolve.

### Capricorn

Dec. 22 - Jan. 20

You may be a bit blunt in some of the things you say over the next 24 hours but that's OK. For too long certain people have been avoiding the realities of the current situation. It's time to get real.

### Aquarius

Jan. 21 - Feb. 19

Your mind will race off in all sorts of weird and wonderful directions today and it could be a lot of fun — but it could also be dangerous. Try not to make important decisions until after Friday's full moon.

### Pisces

Feb. 20 - March 20

Focus on your own needs and desires and pretend that other people don't exist. That might sound a bit selfish but you've done more than your share for the greater good of late. Look after Number One today.

SALLY BROMPTON

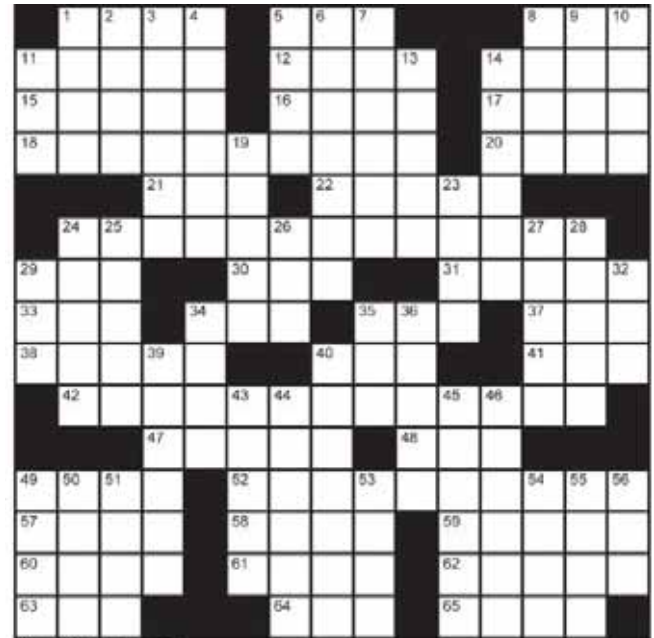
## Crossword: Canadiana

### Across

- Spumante: Italian sparkling wine
- Emergency room drips, familiarly
- "It's easy as \_\_\_\_"
- Speck in the ocean
- Broth
- Clairvoyant one
- Circus animals that balance balls
- Gore Vidal's \_\_\_\_ *Brackenridge* (or the 1970 movie)
- Pine case
- Toronto team (2 wds.)
- Dix, \_\_\_\_, douze
- Corrida cheer
- "Do you understand?" (2 wds.)
- Alberta and Saskatchewan became part of this on Sept. 1, 1906
- Angry crowd
- Bad dog
- American \_\_\_\_: Pacific Ocean territory
- \_\_\_\_ mode: with ice cream (2 wds.)
- That girl
- Winnipeg's "Taking Care of Business" band, for short
- Key beside F1
- "The sky's the \_\_\_\_!"
- Canadian map dispensers
- Bring home after expenses
- Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits with white running

### Down

- "... against \_\_\_\_ of troubles": Hamlet (2 wds.)
- Certain hockey shot
- Betray, kid-style (2 wds.)
- In a class by \_\_\_\_
- "Woe \_\_\_\_!": "Alas" (2 wds.)
- First spacecraft to reach Uranus and Neptune
- Beach habitué
- Long, long time
- Mercedes \_\_\_\_
- Some of the original inhabitants of Ontario
- Belief
- Italian dish
- Nova \_\_\_\_
- Parasite
- Amino and folic
- "...a feeling of sadness comes \_\_\_\_ me": Longfellow
- Mounties, in short
- Western capital (2 wds.)
- Cleveland's state
- Red-wrapped cheese
- Kept the engine running
- Toronto group that backed Bob Dylan as The Hawks; with "The"
- Amusement park attraction
- Bed boards
- Versifier's "before"
- Start of a countdown
- Potato buds



Copyright © 2012 Michael Wiesenberg

- "Make \_\_\_\_!": Jean-Luc Picard (2 wds.)
- Baby discomfort
- Harper's US counterpart
- Anticipated
- Signs
- Proboscises
- \_\_\_\_ de mer: seasickness
- "Just \_\_\_\_ naturally"

- Opp. of legato in musical notation
- Prohibition
- Forbidden
- As like as two peas \_\_\_\_ (3 wds.)
- Range: mountains that extend from California to southern BC
- Frogman
- "\_\_\_\_ my way" (3 wds.)

- Surface again
- Drily
- Choir attire
- Blacken
- It isn't yours
- US Treasury Department agents, familiarly
- Wings
- Wagers
- Audiophile's collection

## Yesterday's Crossword



## What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

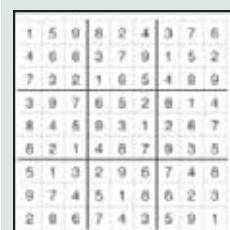


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku



**Today**

23°/11°

Partly cloudy

**Wednesday**

24°/13°

Sunny

Know what the weather will be 14 days from now. Check the 14 day trend.

©The Weather Network. 2012

© Inter IKEA Systems B.V. 2012.

## The new catalogue is here.

**QuestChat**  
feel the rush

**TRY IT FREE!**  
**613.232.4444**

Other Cities 1.888.482.8282

1.800.577.4444 • 325/50min  
Dial #CHAT#(2428) 7B/HW  
Text "QUEST" to 96668 33/10min  
Free but not applicable on #CHAT

[questchat.com](http://questchat.com)



# OTTAWA GOLD

## Paying You the Highest Gold and Silver Prices Guaranteed

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

### WE PROMISE YOU...



#### The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 20% of the difference!

Terms and Conditions can be found at [www.OttawaGold.ca](http://www.OttawaGold.ca)

#### Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

#### How it Works....

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

### WHAT WE PAY

#### Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,580.64/coin
9999 Canada Maple leaf, less than 1 ounce	\$50.82/g
24k Jewellery	\$38.85/g
22k	\$35.59/g
E. Indian/Nuggets	\$31.55/g
18k	\$29.14/g
14k and dental	\$22.65/g
10k	\$16.16/g
9k	\$14.57/g
8k/antique gold	\$9.71/g

#### Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,522.72
Gold 10 ounce (Recognized)	\$15,144.40
Gold 1kg (Recognized)	\$48,689.24
Gold bars, less than 1 ounce (Recognized)	\$48.70/g
999 Gold bar (Unrecognized)	\$47.37/g

#### Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$29.44/coin
-----------------------------	--------------

Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.60/g
Stamped Sterling Silver Jewellery	\$0.58/g
Mexican Silver stamped 925	\$0.49/g
Stamped 800 Silver	\$0.47/g
Unstamped scrap silver	\$0.31/g
Other silver coins	\$0.64/g

\*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-08-27, 18:31:34 PM

#### Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: \$4,382.76



#### Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$249.42



#### Example Purchase 3:

Purity: 14k • Weight: 183.30g

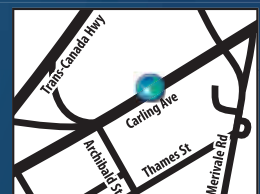
PRICE: \$4,151.75



# 613.979.GOLD (4653)

Westgate Shopping Centre, 1309 Carling Ave, Ottawa

Monday to Friday, 9:30am to 6pm • Saturday, 10am to 5pm • Sunday, 12pm to 4pm



[www.ottawagold.ca](http://www.ottawagold.ca)